

CORE

PUTTING UNITY
INTO COMMUNITY

MEATH



CORE Community Magazine goals

CORE are delighted to welcome you to the May instalment of your community magazine. This is a platform to connect with and provide services for residents, visitors, charities and businesses in Meath. We want you to get involved in shaping it! Get in touch with your community through us by sending in your ideas, photos, art, or writing.

Send us your photos of Meath!

Do you want to be featured on the front cover or inside the pages of the next special Summer edition of the magazine? Send us your photos or artwork of summery Meath!

This month's cover photo was taken by Tom O'Doherty from Kells. Read more about Tom's thoughts on photography inside the magazine.

IN THIS ISSUE...

COMMUNITY EVENTS
PHOTOGRAPHY
HEALTH & WELLBEING
MEATH SMALL BUSINESSES
ARTS & CULTURE
FREE EDUCATION
RURAL LIFE
ENVIRONMENT MATTERS
AND MUCH MORE!

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"WHICH IS THE BEST TYPE OF camera? The one that you have in your hand right now – WHETHER IT'S THE CAMERA on your phone, or the camera you bought for €100 – THAT'S the best camera if it gets you out into nature and noticing THE BEAUTY AROUND YOU!"

Photographer Tom O'Doherty on a frequently asked question. Read more about Tom's thoughts on photography on page 4

"YOU DON'T NEED PROFESSIONAL lessons, but you can still make it social. Join AN ARTS GROUP, LIKE the Meath Arts Group or get together with family or friends around a kitchen table and just start TO PAINT."

Painter Gerry Flaherty on how to make painting a hobby for life. Find out more tips to get started on page 6

"THERE ARE FIVE STEPS WE CAN ALL TAKE TO IMPROVE OUR MENTAL wellbeing and create balance in our daily lives. give them a try, YOU MAY FEEL MORE POSITIVE AND ABLE TO GET THE MOST FROM LIFE."

Finola Colgan, Development Officer for Mental Health Ireland, talks about women and mental health. Turn to page 9 for the five steps to improve mental wellbeing .



The old mill house at BECTIVE MILL BNB
Niall Walsh



COUNTING TADPOLES IN GIRLEY BOG
Annina Niskanen



Dogs Murphy and Clover love field walks
Tiina Lynch

This magazine is a volunteer-led community project AND WE INVITE EVERYONE to get involved in shaping IT! Send us your ideas, photos, art, or writing at info@coreireland.le

Welcome to the CORE Community Magazine!

What we are and how you can get involved!

CORE Ireland is a place for people to come and volunteer, to experience the “Joy of Giving”, and to do something worthwhile for the community. It is a place to find friendship and fellowship amongst the volunteers of CORE and for people on the receiving end to feel more valued and included.

Each person who comes to CORE changes CORE by bringing his or her own unique personality and ideas. They help change and develop it. The strength and power of CORE is its volunteers

We want you to join us! Get in touch with your community through us by volunteering, or by helping us shape the CORE Community Magazine by sending in your ideas, photos, art, writing, or good news stories! Reach us at info@coreireland.ie



MEATH EVENTS CALENDAR

MAY 2019

- 
- Fri 3rd to 6th Navan Acoustic Guitar Festival, various venues around Navan
- Fri 3rd PROJECTIONS - Act Out Youth Theatre 20:00@Solstice Arts Centre, Navan (€10)
- Sat 4th Bed and mattress drop off day, 10-12@Trim Recycling Centre (FREE)
Sid Peacock's Surge Orchestra, 19:30@Solstice Arts Centre, Navan (FREE)
- Sat 4th - 12th Navan Choral and Instrumental Festival, various locations around Navan
- Mon 6th Community Climate Action Day 10:30@Hotwell House, Enfield (FREE)
Royal County 5km & 10km Run/Walk, Kells (€10-15, pre-book)
- Wed 8th Learn to Paint & Draw 10-12 @Dunboyne Library (FREE)
- Fri 10th The Sound of Musicals 11-12 @Oldcastle Library (FREE)
The Sound of Musicals 14:30-15:30 @Ashbourne Library (FREE)
- Sat 11th Climate Change & Loss of Biodiversity 10:30 @Dalgan Park, Navan (FREE)
FUNDRAISER Garden party in aid of Collon Church, Collon House (€15, kids free)
- Sun 12th Meath Beo 3: traditional Irish music series @Hamwood House, Dunboyne (€15)
FUNDRAISER Slane Castle 5km Trail Run/Walk in aid of St. Patrick's NS Slane (€5 - 20)
Family Treasure Hunt, 12-16 @Rathbeggan Lakes, Dunshaughlin (€5)
- Sat 18th The Great National Vegetarian Week Banquet 19:30@Cross Guns Gastropub, Castletown (€35)
- Sat 18th - 26th National Biodiversity Week 2019. Check biodiversityweek.ie for family-friendly events (FREE)
- Sun 19th The Great Boyne Valley Bake Off: Round 2. 15:00 @Ardboyne Hotel, Navan (€15)
- Mon 20th FUNDRAISER for Dowdstown House: Keelan & The Causeways 21:00 @Ardboyne Hotel, Navan
- Thu 23rd Learn to Paint & Draw 12:00-14:30 @Ashbourne Library (FREE)
- Fri 24th The Sound of Musicals 14:30-15:30 @Trim Library (FREE)

Please note that most of the events require pre-registration!

What photography means to me

by Tom O'Doherty

What is photography? According to Merriam-Webster's Dictionary, it is "the art or process of producing images by the action of radiant energies, and especially light, on a sensitive surface such as film or optical sensor". When you think about it, this is what our eyes are doing for us every single day. Light bounces off buildings, landscapes, mountains, flowers, and we see them. Just imagine if the world was completely dark (with no light whatsoever), then we would see nothing at all. The camera is basically doing what our eyes do, by taking light in through the lens onto film or a sensor, it captures the image in front of it which can then be printed on paper or displayed on a screen.



I started my journey into photography five years ago, and when I say that it has opened up a whole new world to me is an understatement! The beauty of nature was always something that stirred my spirit. I think you will agree that looking at a gorgeous sunset, or the colour and form of a daffodil in the springtime, or a little robin or sparrow hopping from branch to branch stirs something within us. And now, through photography, I have a means of recording such things.

Since I started photography, I find that I am looking at the world in a different way. When I'm out walking, I'm looking at the sky and seeing colour and cloud formations that I never noticed before. I'm seeing insects, bees and butterflies as they go about their business that I

never noticed before. I'm noticing trees, fields of corn and the beauty of forests and rivers. I'm looking at street scenes and buildings in a different way!

Photography can be a great release from the pressures of everyday life and can be a great help to your mental wellbeing.

When I'm feeling down or under pressure, I love nothing more than to grab the camera and see where the road leads me – it could be to a lake to photograph swans or a sunset – it could be to an old ruin such the Round Towers where I live in Kells, or a forest to photograph a fast moving river, or even into the back garden to photograph the bees in the flowers.



I have also met some wonderful like-minded people through the Kells Photography Club. We meet every two weeks, to discuss different aspects of photography, to share our work and to listen to professional photographers talk about their work and different techniques they use. We also arrange day trips to places we feel would be interesting for us as a group to photograph, all adding to the camaraderie and sense of belonging.



One regret I had in life was that I never went to college. Photography opened up that opportunity to me. Last year, I attended a part-time Photography course in UCD. I am currently in the process of completing various assignments that will ultimately lead to a Diploma in Photography (I hope!).

Some may be put off taking up photography as they feel that it may be too expensive. Many people ask me which is the best camera? My reply: the one you have in your hand right now.

WHETHER IT'S THE CAMERA ON YOUR PHONE, OR a camera you bought for €100: THAT'S THE best camera if it gets you out into nature and noticing the beauty around you!

As you develop your skills, you may want to get more sophisticated equipment– but that's for a later date! I would encourage you to get out with your camera, try and look at things from a different perspective and enjoy the experience – happy snapping!

You can contact Tom at:

📞 087 2325589

✉️ todoherthy8@gmail.com

The Kells Photography Club is always open to new members. They meet every second Monday in the Iona Hall, Kells. The season runs from September to June, membership is €50 per annum.



Capturing Light

by Brian Lounds

Jason McCarthy is a photographer from Drogheda whose work is touching, haunting and heavy – in a good way. He works mostly in black and white to highlight texture and to convey a certain purity to an image.

He was inspired by a book by English artist Craigie Horsfield that was given to him by his Art teacher. Moved by the old gritty photographs, at 18 he bought a camera and was drawn to atmospheric locations like abandoned buildings and industrial complexes. He found further inspiration through listening to ambient, techno music and admiring the work of British photographer Vanessa Winship.

His love for his hometown comes across in his work and he is currently aiming towards working with bigger landscapes and portraits.



Interested in photography?

Meet some likeminded people by joining a local Photography Club, like the Kells Photography Club, the Navan Camera Club, the Dunboyne Camera Club, or the Boyne Valley Photographic Club.

You can also check out one of the 13,130 free library resources on Photography, from books to DVDs. Books like “Get into photography: take brilliant pictures in a flash” from Navan Library; “A chronology of photography: a cultural timeline from camera obscura to Instagram” from Trim Library; “The advanced photography guide: expert techniques to take your digital photography to the next level” from Duleek Library; there’s even a book on “Really good dog photography” available at the Kells Library!


Armed with a library card you can reserve any book from any location in Ireland and pick it up from your local library. All library fines have been banished since January 2019, but do try to return your loans on time so other people can enjoy them too! Check the online catalogue for what’s available:

 librariesireland.iii.com



Jason’s latest series ‘GREYTOWN’ is about seeing beauty in the mundane. Find more of his work at:

 www.jasonmccarthy.ie

 [@jason_mc_carthy](https://www.instagram.com/jason_mc_carthy)

Getting creative

Here are three ways of getting artsy this summer:

1. Check online for what’s available near you. For example:

 www.fetchcourses.ie

 www.nightcourses.com

2. Check your local library! The **Dunshaughlin Library Art Group** meet every Wednesday morning at 11.00 am – 1.00 pm. Ashbourne library are hoping to run a new weekly art class for adults. Please call or leave your name at the desk if you would be interested. Why not start an art group at your local library?

3. Meath Libraries are also offering free **Art Taster Sessions for adults** with John Carpenter as part of this year’s Bealtaine Festival. Learn to paint and draw at Dunboyne Library Wednesday May 8th 10-12noon, or at Ashbourne Library Thursday 23rd May 12-12:30. Booking essential!



Make painting a hobby for life



Gerry Flaherty, a self-taught artist from Navan wants to encourage you to paint! Here are his tips on how to get started and grow as a painter, giving you a hobby for life.

You don't need professional lessons, but you can still **make it social**. Join the Meath Arts Group, or get together with family or friends around a kitchen table and just start to paint.

Start by gathering some interesting objects and looking, observing and painting a **still life**.

Don't worry about buying expensive **equipment**, but don't go for the cheapest euro store brushes either.

Acrylics are great to start. As you gain confidence you may want to try something new like oil paints.

Paint somewhere where it's ok to **make a mess** and wear old clothes: the creative juices are more likely to flow if you're not worried about the clean up!

Take care of your brushes, wash them well after use to keep them tip top.

Scrunch up your eyes every now and then as you paint to get the big picture: colours, shapes, composition; it's not all about the detail!

Seek to **experience landscapes that inspire you**. Open your eyes, let yourself be inspired by the world around you.

Visit a local **art gallery**. If you can't make it to a gallery, go online or find art books from your local library.

You don't have to be a pro or even good to enjoy painting. Just put a brush to canvas or acrylic paper and **create**.

Practise! Like playing an instrument, painting takes time, trial and error.

Meath Arts Group

Founded in 2006 Meath Arts Group is a cultural, non-political and non-profit organisation. It brings professional, emerging, and hobby artists together to share their art and creativity with each other and the community.

The group encourages artists of all ages and abilities to express their creativity, build confidence, learn from each other and meet and get to know other artists in their community. Each member brings their own practice to the group, be that drawing, painting, photography, textile, sculpture, glass, paper, print making or mixed media.

An important part of the group's ethos is to bring art to the community, helping to keep art and creativity alive in Meath, raising the profile of artists in our community, and making art accessible to everyone.

If you are interested in the visual arts or would like to become a member, please visit www.meathartsgroup.ie where you can find information on exhibitions, works, and workshops!

Local Artist Spotlight: Gerry Flaherty

Gerry Flaherty is a self-taught artist living in Navan. Inspired by the landscapes of his native Dingle Peninsula, Gerry's interest in landscapes has since expanded to include the beautiful scenes unfolding in Co. Meath.

To find out more about painting or volunteering with the Lion's Club, get in touch with Gerry:

Gerry works mainly with oils, though in volunteering with the Lion's Club, he helps clients express themselves through acrylics. Gerry has developed his style through observation and experimentation (and not being afraid of making mistakes in the process).

☎ 087 252 9295

✉ gerryflaherty@outlook.com

🌐 gerryflahertyart.wordpress.com



Hosting a coffee morning

A coffee morning is a fantastic way to catch up with old friends or make new ones over a cup of coffee and a slice of cake, all while raising money for a good cause!



6. Make it beautiful

Cake stands, flowers, fabric bunting, charity display table, whatever takes your fancy to create a fun atmosphere, but try to avoid creating trash – use only materials that can be washed or recycled. Have everything ready before the event so that you can ensure a relaxed time is had by all.

7. Raise lots of money

Whether you want to ask your guests to make a donation for coffee and cakes or have set prices is completely up to you, but it's good to have a donation box or basket ready to accept donations.

8. FEELING A BIT EXTRA?

The sky is the limit when it comes to fun ways of boosting your fundraising total. You could auction off any leftover cake at the end, or hold a raffle or games. If you know someone with a talent like crafting, why not invite them to sell their goods with a portion going to the charity? The more reasons people have to attend your coffee morning and the longer they stay the more money you'll raise.

9. Follow up

Don't forget to thank everyone involved. Follow up after the event and let people know how much money they helped raise and remind them what this money will go towards. Once your coffee morning is over make an effort to pay the funds in as soon as possible: the quicker you send the money in, the sooner the charity will benefit.

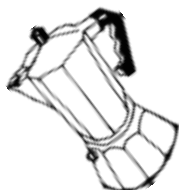


1. Choose your venue

You can host a relaxed and cosy coffee morning at home or in the garden, inviting friends, family and neighbours. If you're setting yourself an ambitious fundraising goal you may need a bigger venue so that more people can attend. Village or church halls and community centres may donate their space for free for a good cause.

2. Decide when

Make sure it doesn't clash with other events in your social circle or community. Avoid public holidays and times when people are likely to be away. Give yourself plenty of time to prep and promote your event.

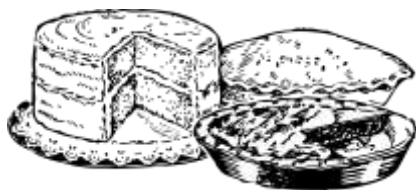


3. Invite everyone

The more, the merrier. Use texts, email and social media to get the word out. Remember to contact your charity of choice in time to have leaflets and information ready!

4. Get creative in the kitchen

A coffee morning isn't complete without cake, so roll up your sleeves and get baking! Cupcakes, tray bakes, sponges, biscuits.. you'll find plenty of recipe inspiration online.



5. Involve others

Ask family, friends or colleagues for help with hosting, baking, pouring tea, answering the door and welcoming. The day will run much easier and be more fun with a team to support you!

This magazine is a volunteer-led community project and we want you to get involved in shaping it!

Send us your ideas, events, photos, art, stories, or writing at info@coreireland.ie



"YOU ONLY NEED TO DONATE ONE SMALL FOOD item ONCE a month to really make a difference to someone in YOUR COMMUNITY!"

Bernard Kenny, chairperson of CORE Ireland, on how a little goes a long way in the Nourish Project. See more on how you or your business can get involved on page 23.

HOSTING A COFFEE MORNING OR a FUNDRAISER?

We at CORE would be happy to help you SPREAD THE WORD!

SEND US YOUR EVENT DETAILS AT INFO@COREIRELAND.IE

After the event, WE will FEATURE YOUR COFFEE MORNING AND YOUR CHARITY OF CHOICE IN THIS COMMUNITY MAGAZINE!

Fresh Start Café Coffee Morning

by Wendy Newman

Fresh Start is a course run by the National Learning Network (NLN) in Meath. It is designed for people who would like an opportunity to make a new beginning and start a new career after a period out of the workforce. Participants meet new people and get to try out new aspects of the work environment while at the same time receiving advice on working and training while exploring and developing social and creative skills.



The Fresh Start group decided to hold a charity coffee morning to raise funds for charity. Daffodil Day is the Irish Cancer Society's biggest fundraiser. It takes place each year in March raising millions of euros to support cancer patients and their loved ones by

providing free advice and support, as well as by funding life-saving cancer research. One of the people attending the Fresh Start program had suffered with breast cancer in the past, so the group decided they wanted to help raise awareness on this important day.

The Fresh Start group contacted the Irish Cancer Society who gave them support by sending daffodil pins etc. The group put up posters around the NLN walls and renamed the kitchen "Fresh Start Café". People were asked to pay €2, for which they got raffle tickets and as much tea, coffee, and treats as they wanted. Two people played guitar which made it all feel very relaxing. Fresh Start also introduced Barry, the "newest member of the Fresh Start program". Poor Barry was a donkey whose tail had fallen off! Everyone had great fun putting on a blindfold and trying to pin Barry's tail back on!

The Prosper Meath group came up and brought some cakes. The different

groups got to meet each other and socialise in a relaxed way. All the participants made new friends, chatted, and had a great day. When finished, everyone got stuck in with the cleaning up.



The day was a roaring success and the Fresh Start Café Coffee Morning raised €306 euro in total. The Fresh Start group were able to decide what this money would be put towards. It was an unanimous decision to put it towards payment for a nurse to be with a person when they were at the end of their life.

We encourage anyone and everyone to host a coffee morning for a good cause!



Fresh Start is offered by the National Learning Network in Navan. Learners progress at their own pace, acquiring skills with a variety of teaching and learning methods

☎ 046 9021975

✉ navan@nlm.ie

Prosper Meath is a non-profit community organisation committed to improving the lives of adults with intellectual disabilities and their place in society

☎ 046 9074404

✉ info@prospermeath.ie

Would you like to host a coffee morning? See the next page for some helpful tips!

We at CORE love to hear about your fundraisers! Get in touch

✉ info@coreireland.ie

Five reasons to treat yourself to a massage

1. Silence pain While it's tempting to pop a pill when you're suffering from sore muscles, back or head pain, research suggests massage therapy may produce greater benefits. There are several theories to how massage helps relieve pain. One theory suggests that massage blocks pain signals sent to the brain; others suggest soothing touch signals the brain to relax the body and release endorphins, our natural painkillers. Whatever the mechanism of action, research confirms massage helps lessen pain.

2. Protect your ticker Myriad studies have uncovered a link between massage therapy and enhanced heart health. Even a 10-minute chair massage can lower blood pressure and heart rate. One published study concluded that massage therapy helped keep blood pressure levels in check among pre-hypertensive women.

3. Soothe your mind If you can imagine sprawling out on a massage table with soothing tunes and warm oil, it's easy to see why massage has such tremendous mood-boosting benefits. Massage lowers the stress hormone cortisol by up to 30%. As cortisol levels drop, the feel-good hormone serotonin increases. A review conducted by the University of Miami School of Medicine showed 28% increases in serotonin levels after massage. Studies consistently show massage helps relieve anxiety, depression and stress.

4. Boost your immunity Massage may give the immune system a boost by increasing levels of disease-fighting white blood cells, the immune systems front line of defence. The stress-reducing side effects may also translate to infection risk. Massage supports the immune system by moving lymph through the body.

5. Improved sleep Not only can massage encourage peaceful slumber, it also helps those who can't comfortably rest. Studies show massage increases delta waves, a type of brain wave linked with deep sleep. Insufficient sleep is linked to weight gain, depression, cardio-vascular disease and suppressed immunity, to say nothing of its effect on your ability to stay focused.

For more information, call massage therapist Anna Golovkov on 086 411 4420



Women and Mental health

When it comes to mental health there are no significant differences between the number of men and women who experience mental health issues. However, some problems are more common in women than men and women are generally more willing to acknowledge when they are in trouble and seek out the necessary support.

There are many social factors that impact on women's mental health by virtue of their roles, such as being the main family carer of other family members (not to underestimate the growing number of men in caring roles in our communities). Women often juggle multiple roles: they may be mothers, partners, carers, and do paid work and run a household.

Women in 'mid-life' (aged 45-60) may be juggling caring commitments for children and older relatives as well as paid work and facing physical health problems. This combination can increase risk of mental distress.

Evidence suggests there are five steps (see list to the right) that we can all take to improve our mental wellbeing and create balance in our daily lives. If you give them a try, you may feel happier, more positive and able to get the most from life. You can also view a short video on "The Five Ways to Wellbeing" on the Mental Health Ireland YouTube channel!

In the next article we will focus on men and mental health.

FIVE STEPS TO IMPROVE MENTAL WELLBEING

1. **Connect with the people around you: your family, friends, colleagues and neighbours.**
2. **Be active, meet up with a friend for a stroll! Identify an activity you enjoy and make it part of your daily routine.**
3. **Keep learning new skills: it gives a sense of achievement and confidence.**
4. **Give! "Less is more", the smallest act can count: a smile, a thank you, or a kind word. Give yourself a treat!**
5. **Take notice, be mindful become more aware of the present moment: your thoughts, feelings, body, and the world around you.**



By Finola Colgan, Development Officer for Mental Health Ireland Midlands. For more information: www.mentalhealthireland@FinolaColgan

Darkness into Light

by Aaron O'Reilly

This May, hundreds of thousands of people around the world will get together to walk from the darkness of night into the light of morning to help in the global fight against suicide and self-harm.

Symbolically the walk represents the therapeutic counselling journey to sparks conversation about the importance of mental health and wellbeing in our lives. The entry fees raised around the world allow Pieta House to continue to deliver vital services to those in need.

In 2009, in the Phoenix Park in Dublin,

400 people set-off on the inaugural Darkness into Light 5km walk to raise funds for Pieta House. From small beginnings, the movement has grown year on year and in 2018 over 200,000 people took part in 150 locations, in 16 countries across 5 continents.

Each year the walk provides an opportunity for people to connect with their local community and to show their support for those who have been bereaved by suicide. A team of volunteers return year on year to help make the experience a rewarding one and to help continue to raise

awareness. Since Darkness Into Light began, dedicated supporters have helped raise almost €20 million, which has enabled Pieta House to keep their doors and a 24/7 helpline open for people in crisis, free of charge.

I decided to write this piece on Pieta house as it is a helpful organization for people struggling with mental health problems. Join this good cause on May 11th to walk together for a brighter future. Your support of this event near you means that Pieta House are able to deliver vital programs in your local area.



DARKNESS INTO LIGHT

Register online:
Date and time:
Start locations:

How to get involved in County Meath

www.darknessintolight.ie
11th of May at 04:15 am
Enfield: St Marys N.S.
Ratoath: Fairyhouse Racecourse
Moynalty: Steam Threshing Museum
Navan: Navan Rugby Football Club
Trim: Trim GAA Club

Get running!

Parkruns are 5km timed runs that are suitable for walkers, joggers and runners of all ages. Parkruns are always free but you will need to register at www.parkrun.ie before attending!

Navan every Saturday at 9:30am, Blackwater Park

Oldbridge every Saturday at 9:30am, Battle of the Boyne Visitor Centre.
Carlanstown every Saturday at 9:30am, Deerpark

Every week some of those taking part in the Parkruns will grab a post parkrun coffee in a local café. The organizers invite everyone to come along and join them!

Walk the walk

Weekly park walks are taking place all around Meath: Duleek, Ratoath, Navan, Ashbourne, Ballinacree, Castletown, Fordstown, Ballivor, Carlanstown, Stamullen, and Kilmainhamwood.

For example, the walk in Navan takes place every Wednesday at 7pm in Blackwater Park.

All ages and walking abilities are welcome!

Check out the Meath LSP website for more information on the walks in Meath!



www.meathsports.ie/communities/walking



Dunsany Crossroads
By Mark Gaughan

Grief and bereavement

Grief is a normal and natural response to the loss of someone or something. Grief is a time of change. It could be the loss of a person, relationship, pet, job or role, it could be illness, leaving home, status change, infertility, miscarriage, abortion, addiction or retirement.

Grief affects our emotions (anger, sadness, fatigue, anxiety, shock, relief, sorrow, regret, longing, fear) and it affects our thoughts (denial, disbelief, pre-occupation, sense of presence,

confusion). Grief can affect us physically (lack of energy, muscle weakness, emptiness or heaviness in stomach, oversensitive to noise), and it can affect our behaviours (sleep/appetite disturbance, forgetfulness, crying, social withdrawal, dreams of the deceased, restless over-activity, avoiding reminders of the deceased).

It is important to allow grief to happen to promote healing. Grief not experienced and fully faced does not end.

Sometimes grief can be absent, we can have no reaction at all for a while. Grief can be delayed and the feelings initially pushed aside only to erupt later. Grief can also be exaggerated: we delay, deny, displace our feelings, hang onto feelings of guilt and sorrow. This prolongs out grief for years.

The person who is grieving is the expert of their own grief. Each person's grief is unique to them, to their story, their own experience, and their own loss.

When you are sorrowful look again in your heart, and you shall see in truth you are weeping for that which has been your delight - Kahlil Gibran



Photo by Tom O'Doherty

Bereavement counselling offers you non-judgmental support as you work through stages and emotions to express your feelings and fears.

If you think Bereavement Support is for you, please contact DOWDSTOWN COUNSELLING SERVICES:

-  **CYWS Hall, Fairgreen, Navan**
-  **046 903 1196**
-  **dowdstownhouse@eircom.net**
-  **dowdstowncounsellingservices.com**

Useful Numbers

The Samaritans:
Free phone: 116 123
Text: 087 260 9090

Aware (Depression & Anxiety)
1980 303 302

National Suicide Helpline (Pieta House)
1800 247 247

Irish Advocacy Network (Peer advocacy in mental health)
01 872 8684

Pieta House (Suicide & self-harm)
01 623 5606

IACP (Counselling & Psychotherapy)
01 230 3536

Shine (Supporting people affected by mental ill health)
01 860 1620

Shine

Shine is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by mental ill health. Shine promotes and provides high quality services and works to ensure the continual enhancement of the quality of life of the people it serves.

Shine has regional offices all around the country. The people of Meath are supported through our North East Regional Office. For more information contact Derek Pepper, Regional Development Officer:

-  **086 852 5422**
-  **dpepper@shine.ie**
-  **www.shine.ie**

Services provided by Shine include:

- One-to-One support for people and families with mental health difficulties (phone/email/in person)
- Peer support groups
- Relatives support groups
- Recovery oriented education courses
- Information and awareness events and seminars

All of the services provided by Shine are available free of charge and all enquiries are completely confidential.



A Piece of Magic at Navan and Trim Libraries

Introducing the Tovertafel (Magic Table)

Meath County Council Library Service has introduced a touch of magic in Navan and Trim Libraries with the installation of a Tovertafel (Magic Table).

The Tovertafel, or Magic Table, is a fun care innovation designed for use by people living with dementia, autism and learning disabilities. It is a light game system where a ceiling mounted box projects interactive light games on to a table below it. The games respond to the hand and arm movements of the players.



The magic table can CREATE MOMENTS OF HAPPINESS FOR PEOPLE WITH DEMENTIA OR COGNITIVE IMPAIRMENT AND THOSE AROUND THEM

The aim of the Tovertafel is to create moments of joy and to increase physical and cognitive activity.

Using the Tovertafel can bring generations together and create treasured moments with family and carers. The games are all about enjoyment and wonder, and they respond to even the hand smallest movements.

For people with intellectual disabilities the Tovertafel brings them together, resulting in a fun, lively and comfortable atmosphere. The games are accessible for people with differing developmental levels and they encourage social interaction.

For dementia users the Tovertafel has proven to be effective in breaking through apathy and prompting opportunities for reminiscences and social interaction thus improving their quality of life.

We hope that this innovative resource will be widely used and provide a source of enjoyment and activity for intended users in the community.

Book a Magic Table Session

The Tovertafel is available for booking by care providers and their clients, by families, and by any group who will benefit from its use. It is in a private, accessible space in the library and is very easy to operate. If you care for someone with dementia, autism or a learning disability and would like to know more please get in touch.

For a demo or to book a session, please contact our library staff.

 **Navan Library**
 **046 902 1134**
 **navanlib@meathcoco.ie**

 **Trim Library**
 **046 943 6063**
 **trimlib@meathcoco.ie**



INTERACTIVE GAMES THAT CONNECT AND STIMULATE MOVEMENT

New outdoor gym in Blackwater Park

Thanks to Meath Local Sports Partnership (Meath LSP) in association with Meath County Council, nine pieces of outdoor gym equipment are now available for anyone to use at any time in Blackwater Park!

A great addition to Navan's only community park, the machines are situated on a soft play surface and very easy to operate and access, appealing to both young and old.



FREE EVENT

"COME and TRY" taster session

The session is suitable for all adults including wheelchair users. Come along and learn how to use the outdoor gym as part of your exercise activities.

Call Meath LSP for more information:

 **046 906 7337**
 **Outdoor gym area behind carpark, Blackwater Park, Navan**
 **10am, Wednesday 8th May**

Feel Good Project

FREE EVENTS IN MAY

19:30 @ The Courthouse, Duleek



14th. **Outcomers: Sexual Orientation**

21st. **Senator Frances Black. Family Support for Substance Abuse**

28th. **Drug Awareness: Know the Signs**

Every Tuesday Eamon Shanley, **FREE Therapy/Counselling. For appointment call 089 400 8635**

Meath Public Participation Network

The Public Participation Network is the main point of contact between the local authority and the community and environmental, voluntary led groups around the country. Each local authority has a PPN and groups are requested to register to become part of the PPN.

The advantages of becoming a member of the PPN include:

- opportunity to be involved in decision making process in Meath
- Contributing to shaping the future of Meath
- Being kept informed in relation to what is happening in Meath
- Receiving information on funding opportunities
- Networking and information sharing with other groups
- Availing of training opportunities

Registering with the PPN

In order to register with the Meath PPN a group will need to be active and have a postal address in Meath. Groups need to operate on a non-profit basis,

be volunteer led, non political and independent. Groups should have clearly stated aims, financial procedures, meet regularly and in existence for at least 6 months.

Upon registering, a group is requested to select a pillar. There are 3 pillars and the one selected by a group should reflect their main focus:

Community/Voluntary: Main focus on local community issues and activities that promote the overall wellbeing within their community.

Environmental: Main focus on the protection and sustainability of the environment.

Social Inclusion: Main focus on the promotion of an equal and just society for those who are marginalised and whose rights are not being respected.

Structures within PPN in Meath

The PPN A flat structure which means all members have an equal voice.

The Plenary All registered groups form the decision making body and meet twice a year

The Secretariat The administrative body responsible for ensuring that decisions made at the Plenary are followed up on. There are currently 12 members on the Secretariat in Meath: 1 from each Municipal District and 2 from each of the Pillars.

Interest groups are formed to give PPN members the opportunity to influence policy and decision making on specific issues within Committees.



Register your group by completing a registration form available online or from the PPN Resource Worker:

 www.meathppn.ie

 046 909 7417

 meathppn@meathcoco.ie

 PPN Resource Officer,
Community Department,
Buvinda House, Navan

Climate Change and the Loss of Biodiversity

FREE EVENT Meath PPN Environmental Plenary

 To register, please email meathppn@meathcoco.ie

 Saturday 11th May, 10.30- 15:00. Registration from 10am

 Dalgan Park, Old Dublin Road, Navan

 Lunch provided, Free parking, No charge

- 10:00 – 10:30 Registration, view information stands
- 10:30 – 10:45 Welcome and update on PPN
- 10:45 – 11:15 **Karen Mahon** Cool Planet Champion for Meath: Making Meath Communities Climate Change Resilient
- 11:15 – 11:45 **Catherine Rogerson** Irish Environmental Network: Bringing Sustainable Development Goals to life in Meath
- 11:45 – 12:15 **Mary Reynolds** Reformed Irish Landscape Designer, Chelsea Gold Medal Winner: Biodiversity - We are the Ark
- 12:15 – 12:45 Questions & Answers summary
- 12:45 – 13:30 Lunch
- 13:30 – 15:00 Biodiversity walk around Dalgan Park



Learn how you can make a difference to combat climate change and THE BIODIVERSITY loss facing our county

Meath Enterprise

Supporting Local Entrepreneurs to Succeed

The Meath Enterprise mantra is "Connect Innovate and Succeed"- we want to help entrepreneurs, businesses and those thinking about starting their own business by connecting them to the right people or agencies and advising and supporting them throughout their entrepreneurial journey to help them succeed.

We operate two enterprise centres in Meath, one in Navan (the Meath Enterprise Centre) and in Kells (the Kells Enterprise & Technology Centre in Kells Business Park.). Both centres offer private offices, industrial units, co-working desks, meeting rooms, event spaces and hot desks. We will also be opening a co-working space in Dunshaughlin.



Last year we launched the Kells Tech Hub which is a world class enterprise development, training, and co-working facility that seeks to support start-ups and SMEs to scale and go global. It is home to a large high spec co-working space and for €150/month members get a dedicated desk and locker, high speed fibre broadband, free parking, free tea/coffee, access to meeting rooms and access to various events and training taking place in the Hub. We also have a 128-seater tiered lecture theatre available for hire, fitted out with high spec AV equipment. It is a superb venue for any event.

This year we have exciting plans to develop the Boyne Valley Food Hub which received €1.58 million in funding through Enterprise Ireland Regional Development Fund. This will be of huge value to food entrepreneurs and business throughout Meath.



The Meath Enterprise TEAM at the launch of the Kells Tech Hub



Co-working space in the Kells Tech Hub

For more information and to sign up for our newsletter, please visit:

- www.MeathEnterprise.ie
- info@meathenterprise.ie

Ensuring financial support

My Name is Patrick O'Dowd and I work as a financial advisor with Acorn Life DAC. I am a tied agent and regulated by the Central Bank of Ireland. The company I work for is 100% Irish owned and has been accredited with the Guaranteed Irish logo.

My working day involves meeting domestic and business clients, I sit with them and together we put a plan in place that if something unforeseen was to happen to them or their family, like a death or serious illness, there would be sufficient financial support available to them to alleviate some of the financial worries and to allow the person to recover with as minimal stresses as possible.

What inspired me to develop my career in the financial services industry is the first hand experience that I had when someone close to me found themselves

in a situation where they were stopped in their tracks. Their life was put on hold when they learned that they had a serious illness: time off work, increased bills, reduced financial security, this all became a reality for my friend and, unfortunately, it is the reality for so many people in our society.

By sitting with me and sharing your plan I know together we can make sure that this situation would not be the same for you should the need arise.

My name is Patrick O'Dowd and I would be delighted to be your financial advisor.



- 086 233 6144
- Main Street, Moynalty, Kells
- patrick.odowd@acornlife.ie

New Earth Property Maintenance

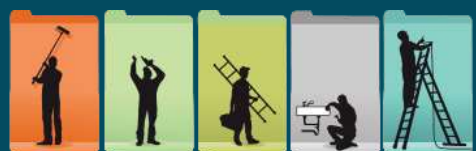
Should you require a trusted local handyman to provide services such as:

- Landscaping
- Gardening
- Installation of patios
- Installation of driveways
- Painting indoors and outdoors
- Window cleaning



For these and all other general handyman work, contact Bernard:

085 1920150



Designer Glass

Glasshaus Studio are specialists in stained glass and architectural glass art. They offer a diverse range of glass art and conservation services.

The business was set up by Liam and Tom McCorkell from Ashbourne in 2004. They started out with glazing, but as both had been drawn to art and design from an early age, they have since expanded their business into the more creative world of glass. Liam studied stained glass in Wales and Tom is a painter.

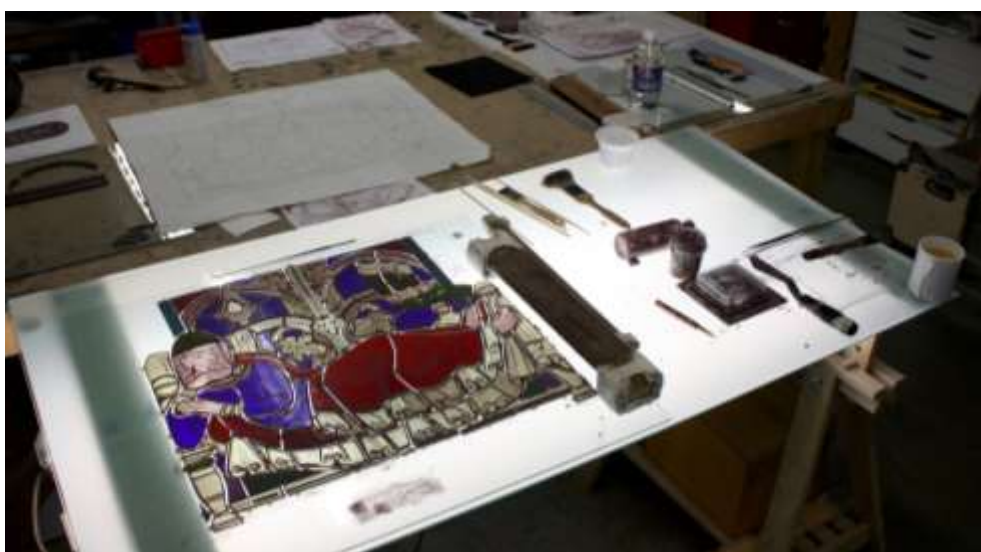
Together as Glasshaus Studio, their work ranges from Art Deco to Celtic. They work on pieces for private homes, churches, and period properties, alongside undertaking conservation projects. Get in touch to find out more!

☎ 086 978 7683

📷 @glasshaus.ie

🌐 www.glasshaus.ie

📍 Unit 34, Navan Enterprise Centre, Trim Rd, Navan



Getting Tax Back

Get Tax Back has been helping people in Meath claim tax back since 2008. They take the hassle out of claiming tax back with a 'no-refund-no-fee' policy. Three out of four clients receive a tax refund.

Taxation can be complicated and most PAYE workers are not claiming their full entitlements. Single parents, parents of a child with special needs, part time workers, can all be due a USC tax refund. If you have recently become unemployed you may also be due tax back.

Less than half of people in Ireland claim back tax on their Medical Expenses and Dental Expenses. Doctors, Prescription Charges, Consultant Fees and Dental Fees, you are entitled to claim Tax Relief on all your

Medical Expenses. It's your money and you should make sure to claim it back.

Example 1: GP visits for a family of 4 throughout the year can add up to €500, resulting in a tax rebate up to €100 from Revenue.

Example 2: The average cost of Dental Braces is €4,500, so you would get back €900 from Revenue.

There are many situations where you might be due a tax refund, so simply get in touch with Barry:



☎ 087 973 9708

✉ Barry@gettaxback.ie

ARE YOU A SMALL BUSINESS OWNER in MEATH?

We want to feature your business and your COMPANY'S ETHOS IN THE community magazine.

There are no costs involved. Get in touch to find out more:

✉ info@coreireland.ie

☎ 085 1920 150



Golashane Farm Nature Reserve

Farm turned nature reserve to help tackle Ireland's biodiversity loss

Situated in the rolling hills of north county Meath, Golashane Farm is a privately owned farm (not open without appointment) that is now managed as a wildlife reserve for native flora and fauna.

Supported by the Green, Low-Carbon, Agri-Environment Scheme, what was previously intensive grassland with low biodiversity, the farm now boasts fields of cereal that serve as huge bird feeders, a wetland, native forests with deadwood areas, and wild hedgerows brimming with native wildlife. The area hosts a huge diversity of birds from the familiar robin to the majestic kestrel. Mammal life includes foxes and stoats and a variety of native bats.

The Golashane project contributed to providing species-specific habitat enhancement for bats and other mammals, birds, and insects. They also got the local community involved in research projects, and every two years they host a wildlife festival, the Moynalty Sustainability Festival: Moynalty Goes Wild, on the farm.

In conjunction with the Irish Wildlife Trust, the farm has also given advice on farm nature reserves to many groups. This has led to the establishment of a farm nature reserve network. The farm continues it's mission of improving the knowledge, skills, and attitudes of other local farmers to attract wildlife.

Four tips with examples for farmers and land owners

1. Simple steps to help biodiversity can make a big difference

Not cutting a hedgerow every year provides flowers for pollinators and berries for birds

2. Tackling everything at once can be overwhelming

Pick 1-2 focus species a year and focus on their needs from food to habitat

3. Open days are helpful to show others how simple it can be to support biodiversity

Once you get going, demonstrate your methods and knowledge in a local context

4. Some species take longer than others to revive and develop

Sometimes a little perseverance is needed to see the results!

Find out more about farm reserves on the Irish Wildlife Trust website, or email the Department of Agriculture, Food and the Marine for information on how you can make a difference:

 www.iwt.ie

 glas@agriculture.gov.ie

Free event

National Biodiversity Week at Golashane Farm

22nd May 8pm

Learn how to build your own nature reserve, including how to build a bat box!



FREE EVENT

Meath Swift Survey 2019

Swift Evening

Tuesday 7th May 19:00-22:00

Trim Library

Birdwatch Ireland launch their Meath Swift Survey 2019. Come along and find out how you can get involved.

The talk will be followed by a walk to the town centre to observe the swifts.

All welcome, family friendly event!



This magazine is a volunteer-led community project and we want you to get involved in shaping it!

ARE YOU FROM DUNBOYNE, RATOATH, DUNSHAUGHLIN, KELLS, TRIM, SLANE, or anywhere in meath?

SEND YOUR GOOD NEWS STORIES to info@coreireland.ie

Social Farming

Reconnecting farms and the local community

What is Social Farming?

Social Farming is the practice of offering family farms as a form of social service.

The farm is not a specialised treatment farm; rather the farm remains a typical working farm where people in need of support can benefit from participation in the farms' activities in a non-clinical environment.



It also creates the opportunity to reconnect farmers with their local communities through the opening up of their farms as part of the social support system of the community.

Who can use Social Farming services?

People that have successfully used Social Farm services include: people with mental health difficulties or disabilities (intellectual, physical and sensory), elderly and children, people availing of drug/alcohol/prisoner rehabilitation services among others.

Who can benefit from Social Farming?

The person that uses services has the additional choice of selecting a working farm as their day service support and

having the opportunity to engage with farming activities. Farming also provides the concurrent opportunity to engage in physical outdoor activity and to be involved in meaningful activities in a family environment.

Social Care providers have the opportunity to partner with farmers to provide further choice for the people that use their services in the development of their person centred plans.

Farmers can augment their income through the development of social service provision, further utilising their farming skills and farm.



National Support Office

☎ 071 9641772

Social Farming Network Ireland

Project Manager: Brian Smyth

☎ 087 4116626

✉ brian@ldco.ie

Social Farming Across Border (SoFAB)

Contact SoFAB for information on upcoming Social Farming training for farmers

🌐 www.socialfarmingcrossborders.org

☎ 086 7905596

✉ helen@ldco.ie

BirdWatch Ireland Meath looking for wildlife friendly farm projects

The Meath branch of Birdwatch Ireland would like to hear from and acknowledge any farmers working on projects on their land that give nature a helping hand.

Farmer Richard Timmons recently showed them around his farm in Rathkenny where his efforts to help wildlife habitats have resulted in significant numbers of Yellowhammers (see photos at right).

The Meath Branch of Birdwatch Ireland would like to organise more walks like this on farms in Meath, so if you know

of a site where they might be welcome, please get in touch.

There will be several dawn chorus morning walks and other events coming up so keep an eye out for these and join in as everyone is welcome! For updates, you can join their emailing list, call Paul, or follow the group on Facebook.



birdwatchirelandmeath@gmail.com

Paul: 086 086 9760

@BirdwatchIrelandMeath



Make Ireland sustainable for all

What are the Sustainable Development Goals?

The Sustainable Development Goals (SDGs) are a worldwide plan of action to be achieved by 2030. The 17 goals have sustainable development at their core and address areas such as poverty, education, food security, clean energy, climate, and sustainable consumption.. They aim to ensure we leave future generations with peaceful and equal societies.

The goals provide clear guidelines for governments and businesses to adopt according to their own priorities and circumstances. Many organisations are already responding to the SDGs, and many more are active in related areas

such as poverty eradication, environmental protection, improving gender equality, and sustainable economic growth.

[See sdgsforall.ie for more](http://sdgsforall.ie)

Are you, your group, school, or business doing something within our community that addresses one or more of the SDGs?

We want to hear from you!

Get in touch at:

 info@coreireland.ie



Do you represent OR KNOW OF an environmental group working within Meath? WE WANT TO help you raise awareness of your group or any important environmental Initiatives HAPPENING IN OUR COMMUNITY

Get in touch with US At info@Coreireland.ie

Become a citizen scientist!

Citizen scientists are volunteers who help gather important data for scientists to utilize. Citizen science:

- is extremely important for biodiversity assessments
- increases public engagement and understanding of important environmental issues
- encourages people of all ages to get out into nature
- contributes to an increased sense of community



If you'd like to become citizen scientist, go online and check out these national initiatives:

Biodiversity Data Centre

<http://pollinators.ie>

- Biodiversity Data Capture app (or online) to upload records & photos
- Bumblebee monitoring
- Solitary Bee monitoring

Irish Wildlife Trust

www.iwt.ie

- Waterways for Wildlife
- National Reptile Survey
- Ladybird Survey

Bat Conservation Ireland

www.batconservationireland.org

- Daubenton Bat Survey
- Car-based bat monitoring project
- Brown long-eared bat roost monitoring
- BATLAS

BirdWatch Ireland

www.birdwatchireland.ie

- BirdTrack
- Garden Bird Survey
- Swift Bird Survey
- Spring Alive

Geological Survey Ireland (GSI)

www.gsi.ie

The GSI run many citizen science initiatives

Environmental Protection Agency

www.epa.ie/enforcement/report/seeit

- "See it Say it" app to report environmental complaints

Gúna na Boinne – The Boyne Dress

Wearable art made from recycled Meath Chronicle newspapers

Congratulations to the girls and their Art teacher Ms Connolly, from the Mercy Convent secondary school in Navan who have hit the headlines with their 'Royal Chronicle' dress for the 'Junk Kouture' competition.

Junk Kouture is a creative competition for secondary school students from all over Ireland. The girls from Mercy Convent secondary school took elements such as fashion, design, and environmental sustainability to transform everyday junk materials – the girls used old recycled editions of the Meath chronicle newspaper – into a striking work of wearable art.



The Gúna na Boinne, created by students at the Mercy Convent secondary school in Navan, has progressed to the Grand Final of the Bank of Ireland Junk Kouture Competition, held in the 3 Arena on May 2nd. Good luck to all involved!

The Calming Effect of Sewing

By Deirdre Clogher

It is good to be of an age that grew up with the sewing machine regularly taking up space on the kitchen table, where my mother would work on her latest project. It is a happy soothing memory to recall as it symbolizes for me normality, stability, and yes... domestic bliss! Linked with these memories were trips to buy fabric and the creative possibilities that lay in the colours and textures of the numerous rolls of fabric.

Many people will understand these sentiments as the sewing revolution continues to grow. More people are returning or beginning to create their own made-to-measure wardrobe and share these makes with a worldwide sewing community through social media.

The popularity is not surprising as sewing, particularly hand sewing, is an effective way to combat depression: the concentration and absorption calms the mind to reduce stress as hand and mind work in harmony. The sense of accomplishment in making

even a small sewing project can boost mental health and improve the immune system. Community sewing brings this peacefulness to another level as we work together on a common endeavour. It is an opportunity to connect with people through a shared interest.

In an increasingly individualized society, it is a way to stay in touch with each other and create a sense of belonging. The chats that ensue over the occasional broken needle and thread tension, the cup of tea during the break, and the weekly reunion of sewing friends are soothing to the soul.



Call Deirdre for information on sewing classes, or see her website for upcoming courses and more!



086 052 7171



www.stitched.ie



Recovery College

The mission of Recovery College

To create an inclusive culture of mental health recovery in the community through partnership to provide transformative education under the headings:

- Health and Wellbeing
- Enriching Life
- Relationships
- Life Skills

Co-operative Learning

In the spirit of collaboration, we work to ensure there is a good balance of students participating with either personal or professional experience. Our courses are open to:

- People overcoming distress
- Supporters (family & friends)
- Professionals
- Interested others

Co-Production & Recovery

People with personal experience work in respectful partnerships with professionals to co-design, co-deliver, and co-evaluate all aspects of the college.

Recovery is about discovering or rediscovering our sense of purpose, connectedness, and personal identity in the presence or absence of illness or diagnosis.

Summer Courses in Meath

What I Know Now (Creative Writing)

Start Date: Thursday May 15th

Venue: Claremont Stadium, Community Centre, Navan

Format: Six weekly sessions (12 – 2pm)

Creative Facilitation Skills Training

Dates: Monday May 20th & 27th

Venue: Claremont Stadium, Community Centre, Navan

Format: Two day workshop (10am – 4pm)

Understanding & Dealing with Stigma

Start date: To Be Confirmed

Venue: Kells Family Resource Centre

Format: Introductory Workshop

Places are limited so please apply as early as possible to avoid disappointment.



ONE OF THE COURSES FROM SPRING 2019 "THOUGHTS, FEELINGS AND ACTIONS" IN Kells



"INFECTED WITH HAPPINESS THROUGH ART" IN TRIM



Join our growing Community!



Our courses change regularly and are decided by our students during monthly forums in the Meath Enterprise Centre, Navan. Contact Bernard Kenny, Educator at Recovery College Meath, for more information: bernard.kenny@dcu.ie

For more information or to apply for courses, contact us via:

- ☎ 01 700 7907
- ✉ recoverycollege@dcu.ie
- 🌐 www.recoverycollege.ie
- 📘 @DNNERecoveryCollege
- 🐦 @DNNERecoveryCol

Are you involved in a TY class or youth hobby group in Meath?

Do you want to work with us to create the CORE Community Magazine youth pages? Your whole class, sports or other hobby group could get involved. Get in touch!

- ✉ info@coreireland.ie
- 📘 @CoreIreland1

Last Hope Animal Charity

In Last Hope it is our mission to rescue stray and injured animals and provide them with love, shelter, food, human companionship, medical care and spay-neuter services until a permanent loving home is found. We believe that every animal's life is meaningful and that each deserves a loving home. We are staffed exclusively with volunteers.

Last Hope was established in 2004. Our founder, a veterinary nurse, was frequently contacted about animals in trouble; abandoned, abused or in road accidents. At the time Meath CoCo only employed one dog warden, with no means of housing animals as there was no shelter. Our founder was working full time and wasn't able to help. One day she was speaking with a client about animal welfare in Meath. The client said they would be happy to help and with that Last Hope Animal Charity was born.

Today we're an integral part of the animal welfare providers across Meath. We work closely with Meath CoCo and Meath Dog Shelter to rehome abandoned dogs. We also support the cats of Meath through our Trap-Neuter-Return support scheme as well as taking lost or abandoned cats into care to find them their fur-ever home. This all is made possible by our extensive network of volunteer foster families caring for the animals in their own homes with no financial compensation for their time and effort.

Amongst our biggest challenges are raising funds to pay for food and vet care as well as ensuring we have enough foster families to care for all the animals coming our way. If you are interested in volunteering for the benefit of lost, abandoned or abused animals, please get in touch! We also have a number of volunteering opportunities that don't require you to foster an animal in your home.

Animals in care of Last Hope We run adoption days on a monthly basis. Dog Adoption Days are usually on the second Sunday of every month and Cat Adoption Days on the fourth Sunday of every month. Please check the events section on our FB page to confirm when the events are going ahead. Keep an eye on our website and FB page for information on animals available for adoption! See two of our special foster animals below.

Rosie

Hi my name is Rosie. I am a Cocker Spaniel, about 10 years old and a very sweet girl. I was spotted at a country fair tied to a van and had a for sale sign on me. A kind member of the public felt sorry for me and contacted Last Hope. I had been used for breeding and had outlived my usefulness..

I have a little ear canker which means I am slightly deaf and need medication from time to time. I am doing very well in foster care but would still very much love to find my own fur-ever home! I know that whoever adopts me will be instantly smitten with me!

I am excellent on the lead and have a good recall. I am good with other dogs and with cats too! I would like a home where I will get lots of attention and interaction. I may be a senior but I'm still very active. I'm the perfect dog really. Can you offer me a home?



Rosie

Queen B

Hi my name is Queen B. I am a 2 year old black cat, with just a little white tuft on my chest. I came to Last Hope this January after I was found wandering. I was only skin & bones & severely dehydrated. My foster mum wasn't sure I was going to recover.

I have a hip injury, the vet says it's from an accident that happened while I was living as a stray that hadn't healed properly. I am now much stronger (thanks to good food and lots of love). You can hardly tell I have a funny walk.

I am super friendly! I love cuddles and affection. I'm quite clever if I may say so myself: I've figured out how to open my foster mum's slow cooker & bread bin - boy did I find tasty things inside! My good friends at Last Hope say I'm ready to go, I have been neutered and vaccinated. Can you offer me a home?



Queen b



If you can offer Rosie, Queen B, or any of the animals in our care a fur-ever home, please complete the adoption form on our website and a volunteer will be in touch to arrange an informal home visit.

 info@lasthope.ie

 [@lasthopecharity](https://www.facebook.com/lasthopecharity)

 www.lasthope.ie

#AdoptDontShop

What Are The Social Media Channels My Kids Are On?

by Eimer Duffy of FIT Social Media



Many will agree that social media affects our business and personal lives.

One lunchtime I met up with a friend, and while we were chatting she mentioned her daughter who recently turned 13 was on about Snapchat. My friend hadn't a clue about Snapchat and was worried, asking my advice as a mother who works in social media. She made me think again about what social media my kids are on.

Many apps are steadily growing in popularity with kids. I talk about them with my own kids, they don't like it. They hate it when I ask about the latest Instagram filters or

mention hashtags or show them a selfie I was "thinking" of posting! To them I'm embarrassing, but for me it's my angle regarding their safety in the hope that they'll happily discuss things with me, rather than online. We can then expand conversations to online safety and what not to post or say online.

Here is some info on the three free platforms my teenage kids are on at the moment (my youngest is still in primary school so won't be let on social media for quite a while).

I am also on these social media platforms, to which my kids "throw their eyes up to heaven" knowing I am on them too!

Snapchat

My kids seem to be always Snapchatting on their mobiles. Taking photos & videos, posting them or sending them to their friends. Messages disappear once they have been viewed. This has great appeal to kids and teenagers, but images and videos can be screenshot which means they can be saved by others and don't disappear.

Instagram

Instagram is very visual. You can share photos & videos (adding filters, stickers, text) with friends. You can post these as stories which appear at the top of the screen to be seen first. You can increase the reach of a post by using hashtags. The Explore tab is used to find new people and see what's trending. It's safer not to put a location tag to your photos.

Whatsapp

More of a messaging app, you can send single messages to a friend or lots of people at the same time in a Whatsapp group, make Whatsapp phone calls or share photos, videos and voice messages. You can also share your live location (it has to be turned on in your phone settings and you need to give the app permission to use it). Personally, I think it's safer not to do so.

If you require management of your social media or website, Eimer at FIT Social Media can help improve your online presence, giving you peace of mind to focus on other areas of your business. FIT Social Media is located in Trim and was founded to help Small Businesses, Non-Profit Organisations and Individuals who wish to achieve a great online presence through training, or have a need for their platforms to be managed.

For further information or if you would like a consultation, get in touch with Eimer:

 086 8492 032

 eimer@fitsocialmedia.ie

 <https://fitsocialmedia.ie>

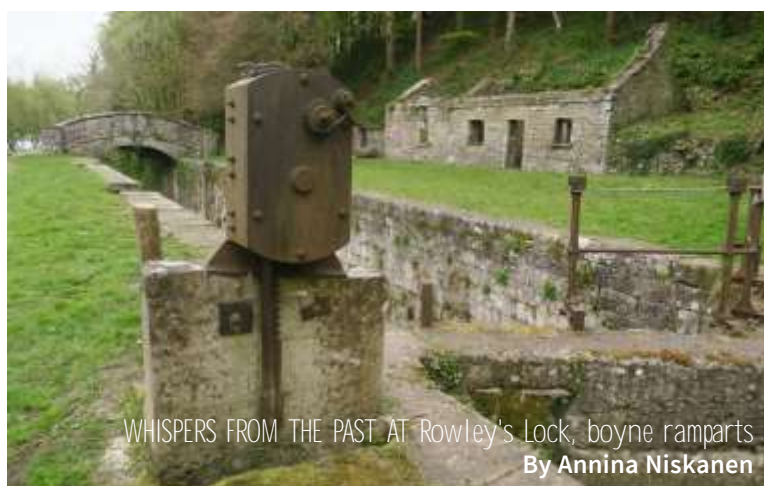
   @FITsocialmedia



Out and about in Co. Meath



A different perspective of Dalgan park
By Jane Murphy @messymoopa



WHISPERS FROM THE PAST AT Rowley's Lock, boyne ramparts
By Annina Niskanen

The Nourish Project

We at CORE hope to promote fairness, cultivate health, and build community with the Nourish Project.

The Nourish project addresses the lack of access to healthy food for individuals and families living on low-incomes. We highlight that the community is behind the food parcels: the receiver will know that each and every item was chosen by another member their community with the sole intention of helping.



To do this work, we need support from people just like you in our community! Help us grow the Nourish Project across Meath by creating places for food donations in your community.

To discover more about how you can donate or get involved, get in touch!

☎ 085 192 0150

✉ info@coreireland.ie



Non-perishable Food Items Wish List

Perhaps the next time you head to the food shop, add one of these non-perishable items from our wish list to your shopping list for donating. Choose healthy low sodium, low sugar, and high fibre options when possible.

Canned Beans loaded with protein and fibre, yummy and nutritious

Canned Vegetables colourful, nutrient-dense and fibre-rich

Cooking Oils (Olive and Canola) these are essential items, canola and olive oils are the best choices

Crackers: ideal snacks, whole grain crackers are the best bet

Dried Herbs and Spices tasty and healthy addition to any meal; oregano, basil, pepper, thyme, garlic powder, cinnamon

Fruit (Canned or Dried) an excellent snack and provide some nutrition and fibre. Choose fruit canned in water or fruit juice rather than sugary syrups

Granola Bars quick and easy, look for whole grain varieties

Instant Mashed Potatoes last longer and require minimal tools and ingredients to whip up

Ready Meals an entire shelf-stable meal in one package, a plus for those without stocked kitchens.

Nuts a handful of nuts provides protein and nutrients in a hurry

Pasta is a food bank staple, whole grain has more fibre & nutrition

Peanut Butter is tasty and high in protein

Rice is filling, versatile and easy to prepare and store. Go for brown rice when possible, because it provides more fibre

Shelf-stable milks (oat milk is the most ecological) these are handy as no fridge is required to keep them fresh!

Soups and Stews canned or packaged, these items act as a warm and filling lunch or dinner

Whole Grain Cereal is popular with all ages and makes a healthy breakfast or snack.

Baby food and toiletries such as formula, food, and creams

Toiletries such as sanitary items, dental care items, soaps

Special dietary goods such as sugar free, gluten free or lactose free items



Respect
Courage
Compassion



Community
Inclusive
Social duty

CORE Ireland is a place for people to come together and volunteer, to experience the “Joy of Giving”, and to do something worthwhile within the community.

CORE Ireland is a place to find friendship and fellowship amongst the volunteers of CORE and for people on the receiving end to feel more valued and included.

CORE helps people find within themselves new strengths and abilities. We want volunteers to find a sense of fulfilment, purpose, enjoyment and to have fun and be creative.

Each person who comes to CORE changes CORE by bringing his or her own unique personality and ideas. They help grow and develop it. The strength and power of CORE is its volunteers.

It is about service. One person helping another and in return, they are helping themselves. **We believe that the best way to help yourself is to help somebody else.**

Here's what some of our volunteers have to say:

“I was introduced to CORE some months ago. I knew little about them at the time, but on entering their office I found it to be a hive of activity. I was given the full low down on what CORE does in a clear instructive way. It's a very hands-on operation where all volunteers can add their own unique talents despite life challenges to the CORE projects. I felt volunteers matter. It has been a unique experience and I would recommend anybody to give time to the CORE.”

“Volunteering in CORE is an amazing experience, as you get both experience and opportunity to meet other interesting people. Everything we do is coproduction, using group brain storming to generate new ideas.”

“I suffered a brain injury a few years ago. I was very apprehensive about doing work experience for a course I was on as I hadn't worked in so long. Our trainee suggested CORE. I started as a volunteer and it's made a big difference to my life. Once I explained my situation they assured me there would be no stress, I could take a moment for a coffee break or some fresh air anytime. I've been volunteering for one day a week for a while now. With the help of CORE I've developed my writing, computer and people skills. It has given me the support I needed and confidence to get back to work. I have gained strength and belief in myself. They are a wonderful group of people. I like to think of CORE as “for the people of Meath, by the people of Meath”.

Interested in volunteering with us at CORE?

Get in touch!

We particularly need people with skills in journalism, layout design, or fundraising.

