



Healthy  
Longford





**Hello Everyone!**

**Welcome to sixth edition of Healthy Longford Newsletter for Months of September, October and November 2025. We hope that this newsletter is a positive resource in signposting you to Community supports in Longford.**

**Next Quarterly Newsletter is due out 1 December 2025.**

**On a personal note it has been a busy few months with a lot of various initiatives and community supports having taken place. Once again we are delighted to rolling out free Period Dignity Initiative in Longford County Council funded through Department of Health. All details on this Initiative can be found on Healthy Longford's webpage on [Longfordcoco.ie](http://Longfordcoco.ie) or please do not hesitate to contact me.**

**Currently we are getting all geared up for Autumn Season as we prepare for a number of upcoming events such as National Breastfeeding Week as well as Community Safety & Well Expo & all the events planned for Halloween 2025. Please keep an eye on Longford coco & Longford Community Safety Partnership social media where all details are being updated.**

**Laura**





Place Standard Tool Training in Glasgow - led by Public Health Scotland as part of Pilot Project exploring the Place Standard tool from Community Safety Perspective

Needs Assessment Report For Family Center Resource In Longford

Men's Health Week Longford

Men's Health Week 2025  
Friday 13 June Activities

Event Details	Date & Time	Location
WNOW (When no one is watching) with Mickey Quinn	6.30am - 7.30am	Athletics Centre
Ice bath and Compression Boots with TOA	7am - 3pm	Athletics Centre
Ahead of the Game - Fitness Class with Mickey Quinn	8am - 9am	Athletics Centre
Men's Exercise Class linking with Men's Shed	10am - 11am	Athletics Centre
Tai Chi	11am - 12am	Athletics Centre
Triathlon Challenge	12.30pm - 2.30 pm	Athletics Centre
Men's Nutrition & Hydration Talk	1pm - 1.30pm	Athletics Centre
Boxercise	2pm - 3pm	Athletics Centre
Pétanque	2pm - 3pm	The Mall
Lads & Dad's Walk	7pm	Market Square

MEN'S HEALTH WEEK 2025

Find out more at [www.mhwi.org](https://www.mhwi.org)

Shoulder to Shoulder

AN LONGFORT

Longford County Council

ed7

Longford

TOA



National Playday 2025-took place in Higginstown Granard





# Ongoing in Longford

BREASTFEEDING SUPPORT GROUP



Thursdays 10am-11:15am  
From September 11th 2025

Co-Facilitated by a local Public Health Nurse and Community Families Longford

JOIN US FOR A CUPPA AND A CHAT

For More information please contact Catriona 0860442354

Pregnant women welcome

The Family Centre N39 E927  
Behind St Mel's Cathedral







SEE Something / SAY Something  
TEXT LONGFORD  
with incident and location details to  
**50555**



SEE Something SAY Something is a community engagement initiative of An Garda Síochána and Longford Local Community Safety Partnership



**Community Houses in Longford Town**  
Longford Community Safety Partnership and Slaintecare Healthy Communities in Longford County Council have a community house in Ardnacassa and also one in McEoin Park. Both community houses are warm welcoming spaces and are available for room rental. For more information or to arrange a viewing of the space available for room rental email [communityhouse@longfordcoco.ie](mailto:communityhouse@longfordcoco.ie)

Free Period Products

Take what you need



Free period products are available at the following County Longford locations:

- All Longford County Council offices
- All six County Longford Libraries
- Longford Women's Link
- Bridgeways Family Resource Centre, Ballymahon
- Longford EDI Centre
- Ardnacassa Community Houses
- MacEoin Park Community House





Empowering Communities Programme Longford

Call or Text Us to Get Involved !!



Angela  
Phone: 087 6471349



QR Code



Ronán  
Phone: 087 3680859


Address: Community House, 4 Palace Crescent, Ardnacassa Longford, N39 A4W9

Find us on Facebook or Scan Our QR Code, Empowering Communities Project Longford and WhatsApp for Dates and Times of Activities

The Empowering Communities Programme is funded by the Department of Rural and Community Development



An Roinn Forbartha Tuaisíre agus Pobail agus Gaeltachta  
Department of Rural and Community Development and the Gaeltacht







# September 2025

## September 2025-relevant dates regarding Health Information

- Sept 1-30 Heart Month Irish Heart Foundation
- Sept 1-31 Childhood Cancer Awareness Month
- Sept 1-31 See Change Green Ribbon Campaign
  - Sept 1-31 Blood Cancer Awareness Month
  - Sept 4 World Sexual Health Day HSE
  - Sept 4-11 Migraine Awareness Week
- Sept 7-13 Palliative Care Week All Ireland Institute of Hospice and Palliative Care (AIHPC)
- Sept 9 International Fetal Alcohol Spectrum Disorders (FASD)
  - Sept 10 World Suicide Prevention Day HSE
  - Sept 13 World Sepsis Day
- Sept 14 World Gynaecologic Oncology Day
- Sept 15 World Lymphoma Awareness Day
  - Sept 17 World Patient Safety Day
  - Sept 19 Culture Night Sept 20
  - Sept 21 World Alzheimer's Day
- Sept 21 International Day of Peace
- Sept 24 World Cancer Research Day
- Sept 22-28 European Week of Sport
  - Sept 26 Workplace Walking Day
  - Sept 29 World Heart Day
- Sept 30 International Recovery day
- Sept 30-6 Oct Positive Ageing Week Age Action Ireland

**You're Invited!**

 **We're Breastfeeding Friendly**  
Longford

**We're Breastfeeding Friendly Longford event**  
Takes place on Monday, 8 September from 11.30am to 1pm in Ballymahon Library N39 E5C7

We're Breastfeeding Friendly Longford will showcase the many supports available to breastfeeding mothers within Longford Libraries. This is a Longford Breastfeeding Project initiative.

#LongfordBFP



The international theme of World Suicide Prevention Day (WSPD) on 10th September 2025 is 'Changing the Narrative on Suicide'

### MOVE WELL EXERCISE PROGRAMMES

## PILATES CLASS



**STARTING WEDNESDAY 3<sup>RD</sup> SEPTEMBER @1PM**  
BeWell Studio, Unit 1C, Farranyoogan, Mastertech, Co. Longford, N39 W5D7

Email:PAFH@longfordcoco.ie

## Some Upcoming Events in September

**CHAIR EXERCISE CLASS**

Class strictly for those with limited mobility



 Wednesday 3<sup>rd</sup> September x 6 weeks

 11am - 12pm -

 Longford Sports Hub - N38 X6X8 (Longford Athletics Centre)

[Scan Here](#)



## Culture Night Late comes to Longford

Friday 19 September  
Connolly Barracks, Longford Town

All details can be found on [Longfordcoco.ie](https://longfordcoco.ie)



# October & November 2025

## October 2025-relevant dates regarding Health Information

- Oct 1 International Day of Older Persons Alone Age Action
- Oct 1-31 Breast Cancer Awareness Month Breast Check
- Oct 1-31 Liver Cancer Awareness Month
- Oct 1-7 National Breastfeeding Week
- Oct 10 World Mental Health Day
- Oct 10 World Sight Day
- Oct 10 World Homeless day
- Oct 12 World Hospice and Palliative Care Day
- Oct 13-19 International Infection Prevention Week IIPW
- Oct 13 World Thrombosis Day
- Oct 16 European Restart a Heart Day ERC
- Oct 16 World Food Day
- Oct 18 Developmental Language Delay DLD Awareness Day
- Oct 18 World Menopause Day
- Oct 19-25 Spiritual Care Week
- Oct 20 World Osteoporosis Day
- Oct 29 World Stroke Day

Plans in Place for **National Breastfeeding Week 2025 in Longford**. Theme for 2025 is Hold Me Close: Power of Skin to Skin Contact

All details of upcoming events will be available on [Longfordcoco.ie](http://Longfordcoco.ie) or by emailing [HealthyLongford@longfordcoco.ie](mailto:HealthyLongford@longfordcoco.ie)

Keep an eye on [Longfordcoco.ie](http://Longfordcoco.ie) for all updates for **Halloween 2025 in Longford**

## November 2025-relevant dates regarding Health Information

Community Safety & Wellbeing Expo planned for 11 November 2025 in Longford town. All details currently being confirmed. All details will be available on [Longfordcoco.ie](http://Longfordcoco.ie) website or by emailing [HealthyLongford@longfordcoco.ie](mailto:HealthyLongford@longfordcoco.ie)

- Nov 1-30 Global Lung Cancer Awareness Month
- Nov 1-30 MS Readathon Multiple Sclerosis Ireland
- Nov 1-30 Prostrate Cancer Awareness Month
- Nov 1-30 Stomach Cancer Awareness Month
- Nov 17-21 Bereaved Children’s Awareness Week
- Nov 12 World Pneumonia Day
- Nov 14 World Diabetes Day
- Nov 16 World Pancreatic Cancer Day
- Nov 18 European Antibiotic Awareness Day
- Nov 19 International Men’s Health Day
- Nov 20 Universal Children’s Day
- Nov 19 World COPD Day
- Nov 25 International day of elimination of violence against women



# Upcoming Health Dates & Upcoming Events

## TRAINING & THE FEMALE MENSTRUAL CYCLE

This **FREE** 1-hour workshop is designed for young active females (aged 15-21 years) and for people who support young active girls including fitness instructors, coaches, female liaison officers, teachers, friends, and family.

- Menstrual Cycle 101

Menstrual cycle & exercise performance

Managing the menstrual cycle & training

Nutrition & exercise performance

Recovery Nutrition

Self-care & Wellbeing

Delivered online via Zoom on Wednesday 24th September from 7-8pm

SCAN ME

To register for this workshop please scan the QR code or click the link in the description

Delivered by:

Dr. Kiera Ward  
Exercise Physiologist,  
Sports Scientist,  
& Health Researcher

Ruth Kavanagh, MSc.  
ANutr  
Registered Associate  
Nutritionist  
& Health Researcher

Details can be found on [Edufit.ie](https://edufit.ie)

Open to Everyone — No Experience Needed

ART-BASED PERSONAL SELF DEVELOPMENT COURSE

STARTS: September 4th at 10am

VENUE: Bridgeways FRC, Ballymahon, Co. Longford

DURATION: Weekly sessions across 8 weeks

COST: €160 — Booking Deposit Required

Booking Essential. Spaces are Limited.

SIGN UP: Call Orlaigh on 087-3989690

Discover yourself through creative expression, meaningful conversation, and hands-on activities. Whether you're an experienced artist or simply curious, this course invites you to explore personal growth in an uplifting, inclusive space.

LONGFORD SPORTS PARTNERSHIP

BEWELL STUDIO, LONGFORD

YOGA CLASS

5th September 2025

8 weeks

FREE

SPORT IRELAND  
LOCAL SPORTS PARTNERSHIPS

hi Healthy Longford

AN LONGFORT  
CONNECTED

hi Healthy Ireland

MINDFULNESS PRACTICES

Reducing Stress in Everyday Life

Moving towards positive self-development Using innovative and creative art tools and techniques within a safe and enjoyable space!

8 Week Self Development, Creative, Mindfulness Course with Orlaigh starting Wednesday 24th September 10am-12noon

BOOK NOW FOR THIS AMAZING PROGRAMME PART FUNDED BY HEALTHY IRELAND CALL 043 6660977 OR Email [reception@Lngfrc.ie](mailto:reception@Lngfrc.ie) Refreshments included

Lus na Gréine FRC at the heart of Community

Empowering Communities Programme

Longford Invites You To Join Our:

Choir/Music Group

Location: Ardnacassa Community House (4 Palace Crescent)

When: Every Friday Afternoon

Time: 2:30pm to 3:30pm

Free of Charge !!

Please Call or WhatsApp Ronán 087 368 0859 or Angela 087 6471349 for further information

Or find us on Facebook or Scan Our QR Code, Empowering Communities Project Longford and WhatsApp for Dates and Times of Activities

The Empowering Communities Programme is funded by the Department of Rural and Community Development

QR Code

An Roinn Forbartha Tuisle agas Pobail agus Gaeltachta  
Department of Rural and Community Development and the Gaeltacht

Longford Community Resources clg

LCDC

AN LONGFORT  
CONNECTED



# Upcoming & ongoing throughout Longford

AN LONGFORT

Comhairle Chontae An Longfoirt  
Longford County Council

CONNECTED

People · Place · Opportunity

Kayaking Taster Session For  
Older Adults in Longford

Kayaking for Older  
Adults (60+)

Thursday, September  
18th

11:00am

Brannigan Harbour

LONGFORD  
SPORTS  
PARTNERSHIP

SPORT IRELAND

SPORT IRELAND

LOCAL SPORTS PARTNERSHIPS

Roma Drop In Clinic's

Tuesday's 2-4:30pm

Thursday's 2-4:30pm

Do you need help with social welfare, medical,  
forms, entitlements, etc?

Location: Longford Community  
Resources clg

Contact: Amy 0871685307  
Miroslav: 0872815130  
Siobhan: 0873614703

Community  
Development  
Programme

Clár  
Forbartha  
Pobail

MenoWell

LONGFORD

A FREE 6-week online expert-led and evidence-based lifestyle medicine (exercise, nutrition and health education) programme promoting wellness for women in all stages of life in Longford, with a special focus on perimenopause and post-menopause.

WHAT IS INCLUDED?

2 LIVE ONLINE WOMEN-SPECIFIC STRENGTH EXERCISE CLASSES PER WEEK  
These 40-minute classes will take place on Tuesdays and Thursdays at 8.00pm via Zoom and are suitable for women of all ages and fitness abilities and for those living with one or more clinical conditions.  
1 LIVE ONLINE EVIDENCE-BASED WOMEN-SPECIFIC HEALTH EDUCATION WORKSHOP PER WEEK  
These 30-minute workshops will take place on Mondays at 1.00pm via Zoom, with time allocated afterwards for Q&A. These will be recorded. Practical take-home resources will also be provided.  
WEEKLY TAKE-HOME RESOURCES, NUTRITION RECIPES, AND AN ON-DEMAND LIBRARY OF EXERCISE VIDEOS AND HEALTH EDUCATION WORKSHOP RECORDINGS

WORKSHOP TOPICS:

MUSCLE MATTERS IN MENOPAUSE  
NUTRITION FOR A HEALTHY MENOPAUSE  
BUILDING BONES IN MENOPAUSE  
HEALTHY HEARTS IN MENOPAUSE  
SLEEPING SOUNDLY IN MENOPAUSE  
S.E.L.F. CARE IN MENOPAUSE

HOW DO I SIGN UP?

Please scan the QR code above or visit [www.edufit.ie/menowell-longford-2025](https://www.edufit.ie/menowell-longford-2025) to sign-up.  
To meet the MenoWell team, please click here: <https://edufit.ie/our-team/>

STARTING MONDAY 29<sup>th</sup> SEPTEMBER 2025 FOR 6 WEEKS

If you have any questions, please email [programmes@edufit.ie](mailto:programmes@edufit.ie).

EMPOWERING COMMUNITIES - LONGFORD

DO YOU WANT TO PASS YOUR DRIVING THEORY TEST?

CALL TO THE COMMUNITY HOUSE TO PRACTICE YOUR DRIVING THEORY TEST !!

Our Program :

- Provides a quiet space for you to prepare for your driving theory test.
- Uses questions from the Official RSA Driving Theory Test App.
- Prepare for the test using Tablets.
- Improve Your Reading and IT Skills.
- Increase Your Confidence.

When is it on:

Every Monday

Time:

11:00am - 12:00pm

Location:

Community House, 4 Palace Crescent, Ardnacassa.

Phone Angela 087 6471349 or Ronán 087 3680859

Community House, 4 Palace Crescent, Ardnacassa

Or find us on Facebook or Scan Our QR Code, Empowering Communities Project Longford and WhatsApp for Dates and Times of Activities

QR Code

The Empowering Communities Programme is funded by the Department of Rural and Community Development

An Buidéal Forbartha Tuairisce agaid Pobail agus Gaileachas

Longford Community Resources Clg

LCDC

MOTHER & TODDLER

YOGA

FOR CHILDREN AGED 0-3

9 October

10.00 - 11.00am

EDGEWORTHSTOWN LIBRARY

11 October

12.30 - 1.30pm

BALLYMAHON LIBRARY

BOOK ONLINE AT [WWW.LONGFORDLIBRARY.IE](http://WWW.LONGFORDLIBRARY.IE)

OR CONTACT LIBRARY BRANCH

hi

at Your Library

Longford Sports Partnership

SPORT IRELAND

Leabharlanna, Cartlanna, Ealaíona agus Oidhreacht

Libraries, Archives, Arts and Heritage

Comhairle Chontae An Longfoirt

Longford County Council

Empowerment Pathways - Thrive through community learning

Keep Growing

Learn, adapt, and move forward.

Set Goals

Define where you want to go.

Get Experience

Apply your skills in real situations.

Build Skills

Learn what your career needs.

Know Yourself

Understand your strengths and interests.

Course professionally delivered by Margaret McGowan Life & Business Coach

Join us at Lus na Gréine FRC for this dynamic course of self belief, , personal confidence, further pathways to education, and job readiness!

Starting Sept 4<sup>th</sup> at 10am  
Refreshments provided  
To book:  
Call 043 6660977 or 086 8696385

Lus na Gréine

Family Resource Centre Clg

lwetb

Bord Oideachais agus Oiliúna an Longfoirt agus na hIarmhí

Longford and Westmeath Education and Training Board

Triple P

Positive Parenting Program

Triple P Parenting Course

Edgeworthstown Library

Starting Tuesday 10am

September 9<sup>th</sup> 18<sup>th</sup> 23<sup>rd</sup> & 30<sup>th</sup>

To book contact Reception 0436660977 or Email : [reception@lngfrc.ie](mailto:reception@lngfrc.ie)

Lus na Gréine

Family Resource Centre Clg

Longford Community Resources Clg

LCDC



# Physical Health

## Longford Junior Parkrun

Longford junior parkrun is a FREE 2km event for juniors of all standards, which takes place every Sunday at 9:30am in The Mall Park, Temple Michael Road, Longford. See our home page for more details.



LONGFORD STAYING SAFE & ACTIVE

Exercise and education every week for 8 weeks

Developing Confidence

Managing Fear & Anxiety

Practicing Real Life Scenarios

Learn about the following

1. Personal Safety

2. Road Safety

3. Fraud

Fire Safety

SCAN ME

Register here by scanning the QR Code

Staying Safe & Active

GRANARD LIBRARY TUESDAY SEPTEMBER 9 AT 11AM

Éirigh Gníomhach in Éirinn

Get Ireland Active

<https://www.getirelandactive.ie/?page=Explore-the-Map>

HEARTLAND WHEELERS CC

LONGFORD

CYCLE TOUR OF LONGFORD

SATURDAY 6TH SEPTEMBER

Registration & Start: Longford Vintage Club, N39 EA43

50KM & 100KM CYCLE

10AM START

€30 entry fee\*

Medal at finish line!

Refreshments all day!

SCAN ME

Supporting CIAN'S KENNELS

Entries online or on the day!

HEARTLANDWHEELERS@GMAIL.COM

\*€10 ONE DAY LICENSE FEE FOR NON CYCLING IRELAND MEMBERS

New Handball Walls in Edgeworthstown! 🎉

Longford Sports Partnership, GAA Handball Ireland & Healthy Longford are thrilled to support the installation of the brand-new Handball Walls at St Mary's Community Campus & Sports Hub Edgeworthstown! 🙌

In collaboration, we're excited to offer Handball Taster Sessions in September! 📅 These new walls are a fantastic addition for the centre, the local community, and surrounding areas 🙌

A huge congratulations to St Mary's Community Campus & Sports Hub Edgeworthstown and GAA Handball Ireland for their amazing initiative 🙌🏆

✉️ Want to try handball? Email [tgillen@longfordcoco.ie](mailto:tgillen@longfordcoco.ie) to register your interest!

#GAAGHandball #Edgeworthstown #HealthyLongford #LongfordSports





# Physical Health





All details on all attached can be found on Longford Sports Partnership facebook page

## ★ Join Our Inclusive Adult Gym Programme! ★

This programme is for Adults with additional needs and who are you ready to take the first step towards a healthier, stronger you?

We're excited to announce a 8-week Inclusive Adult Gym Programme with DB Strength & Performance, starting Monday, September 22 at 12.00 🧑🏿 Limited Spots Available: Only 8 participants.

 Duration: 8 Weeks

 Location: DB Strength & Performance

## 🎉 Something amazing is coming to Drumlish! 🎉

Longford Sports Partnership & Healthy Longford are thrilled to support the launch of the Drumlish Inclusive Sports Club! 🌟🧑🏿🧑🏻🧑🏼🧑🏽🧑🏾

This brand-new club will be a place where every child with a disability and/or additional needs can play, belong & shine 🌟❤️ whether that's running, rolling 🚲, jumping, or simply having fun with friends 💡💡💡

🔧 We're in the final stages of setting up and getting ready to kick off hopefully in September, how exciting is that?! 🎯🎉

But first... We Need You! 🧑🏿🧑🏻🧑🏼🧑🏽🧑🏾 We are hoping to host some fun taster sessions soon, and we'd love to know if your family would like to be part of it.

✉ Just email disc2025@yahoo.com with the words "Count us in!" to register your interest and when all is finalised, we will let you know all the details.

Together, let's build a club for all abilities where everyone gets a chance to shine



#InclusiveSports #Drumlish #HealthyLongford #AllAbilities

## INCLUSIVE GYM PROGRAMME

### 8 WEEK ADULT GYM INTRODUCTION

📅 September 22, 29, October 6, 13, 20  
November 3, 10, 17

🕒 12.00-13.00

📍 DB Strength & Performance, N39CC03

€ Free

Limited to 8 Participants





Healthy  
Longford



# Mental Health



LONGFORD WOMENS LINK DOMESTIC ABUSE RESPONSE TEAM *presents*  
A TWO DAY TRAINING EVENT IN THE LONGFORD ARMS HOTEL

## RESPONDING TO THE RISK OF DOMESTIC HOMICIDE IN RURAL IRELAND

**Professor Jane Monckton Smith** is a forensic criminologist specialising in homicide, suicide, coercive control and stalking. She has authored a new theoretical framework for tracking homicide risk in cases of coercive control and stalking. Her wider body of work is acknowledged as having societal impact and influence, and is described as outstanding and innovative.



FUNDED BY



An Roinn Dlí agus Cirt  
Department of Justice



[www.lwl.ie](http://www.lwl.ie)

LOOKING  
DEEPER  
INTO  
DOMESTIC  
ABUSE

### HOW TO CONTACT LONGFORD SOCIAL PRESCRIBING SERVICE



Tony 087 458 1178 or Mary 087 448 0835



[socialprescribing@lcrli.ie](mailto:socialprescribing@lcrli.ie)



Tony 087 458 1178 or Mary 087 448 0835



<https://lcrli.ie/social-prescribing/>



Ask your GP, Practice Nurse or Healthcare Professional to refer you to our service



### A WALK IN NATURE

Nature has a way of soothing the soul and calming the mind. Take time to immerse yourself in the beauty of the natural world. Whether it's a leisurely stroll through the park, a hike in the mountains, or simply sitting beneath a tree and listening to the sounds of nature



### 10 Mental Health Tips



WORLD  
**SUICIDE  
PREVENTION  
DAY**  
10th September

The international theme of World Suicide Prevention Day (WSPD) on 10th September 2025 is 'Changing the Narrative on Suicide'



# Mental Health

**SAMARITANS**  
A registered charity

**If you're having a bad day  
We're here to talk it through**

Call free day or night on **116 123**

**Some Mental Health Services & Support**

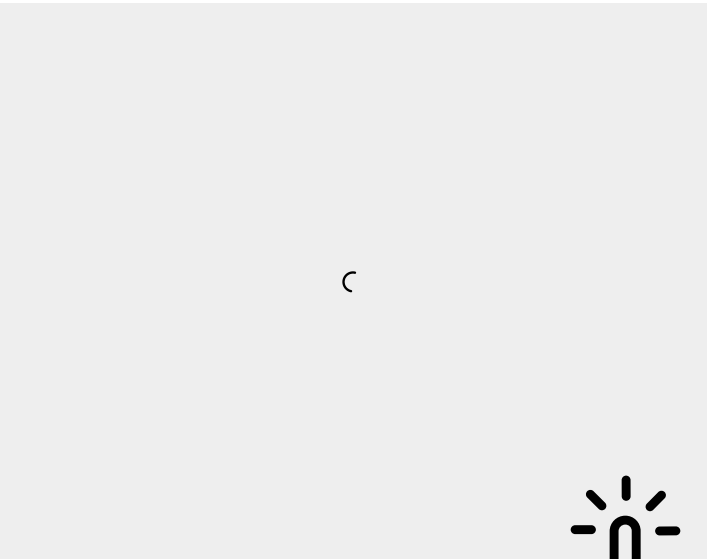
Sosad-1800 901 909

Samaritans- (see above)

Pieta House- 1800 247 247 or Text HELP to 51444

Text about It- Text Hello to 50808

Childline - 1800 66 66 66







## Balancing Stress\*

Practical skills to cope with stress



- 1 Understanding stress
- 2 Managing worry
- 3 Managing anxiety
- 4 Managing low mood and depression
- 5 Stress and relationships
- 6 Balancing stress now and into the future



A free HSE online stress management programme

**What is it?**

Balancing Stress is the HSE's free online programme to manage stress, worry, anxiety, low mood and relationship difficulties.

**How do I take part?**

[www.hse.ie/balancingstress](http://www.hse.ie/balancingstress)  
No registration is required. There are six sessions you can watch anytime, at your own pace.

**Presented by:**

Dr Niamh Clarke  
HSE Principal Psychologist



## WELLBEING MENU

**1. Creativity**

- Art, photography, woodwork
- Singing, drumming, trad music
- Knitting, sewing, weaving
- Gardening, flower arranging

**2. Groups**

- Men's Sheds, Women's Sheds
- Active Retirement Groups
- Book Clubs, card playing
- Volunteering

**3. Exercise**

- Walking, hiking, running
- Table tennis, badminton
- Bowls, activator pole walking
- Yoga, Tai Chi, chair exercises

**4. Support**

- Finance, housing
- Transport
- Parenting
- Cooking, food and nutrition

**Longford Social Prescribing Service**

Reservations ..... 087 448 0835 or 087 458 1178




# Food & Nutrition

Please see all updates on  
Slaintecare Healthy Communities -  
Community Food & Nutrition  
Worker Sinead Costello based in EDI  
Centre Longford



Slaintecare.  
Healthy  
Communities




edi  
centre  
Longford


BACK TO SCHOOL  
BREAKFAST IDEAS

A balanced breakfast can set children up for a focused, energetic, and happy day of learning




Porridge or Overnight Oats – made with milk or fortified plant-based milk, topped with fruit or a sprinkle of seeds.






Wholegrain Toast – with peanut butter, cheese, or scrambled egg for extra protein.





High-Fibre, Fortified Cereals – look for options lower in sugar and higher in fibre (think Weetabix, porridge oats, or shredded wheat rather than sugary cereals)






Fruit & Yogurt Pots – plain yogurt with chopped fruit and a small handful of oats or wholegrain cereal





Smoothies – blend frozen fruit with milk or yogurt and a spoon of oats for a quick grab-and-go option



**Eating Well & Nutrition**

Small Changes, Big Impact

Nobody likes wasting food. By making small changes to how we manage our food each day, we can make a big difference to our overall food waste and help our nation’s goal to cut our climate emissions in half by 2030. Once you start thinking about food waste there will always be something you can do to avoid it and here are some steps to get you started: (see [Stopfoodwaste.ie](https://stopfoodwaste.ie))



Take a look at our best in season  
calendar to see what delicious  
fruit and vegetables are at their  
seasonal best in Ireland now!  
([www.bordbia.ie](http://www.bordbia.ie))



# Tobacco, Alcohol & Gambling Support

**QUIT**

Freephone:  
1800 201 203

HSE response – concerns around young people and vaping –

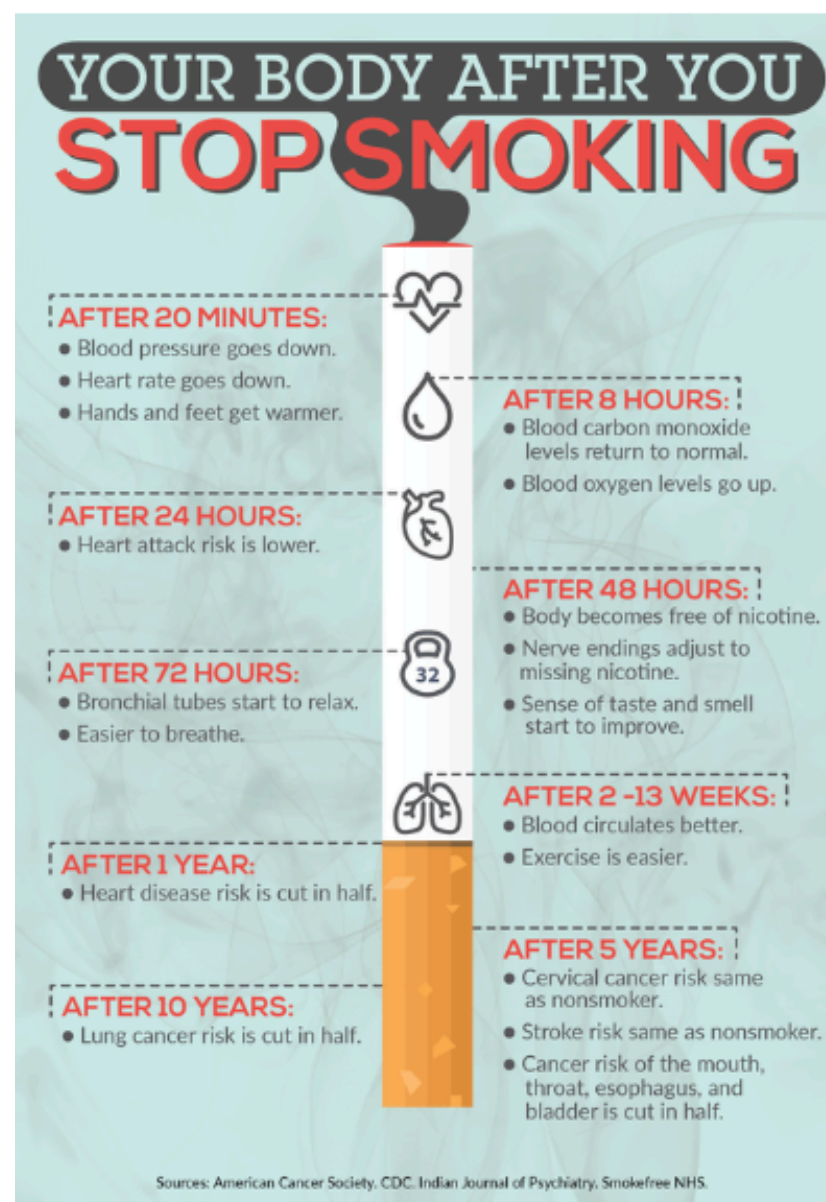
<https://www.hse.ie/eng/about/who/tobaccocontrol/resources/hse-joint-response-to-vaping-and-youth.pdf>

Tips on having a conversation with a young person –

<https://www.hse.ie/eng/about/who/tobaccocontrol/resources/vaping-information-for-parents.pdf>

Not around us - Longford

## YOUR BODY AFTER YOU STOP SMOKING



<b>AFTER 20 MINUTES:</b> <ul style="list-style-type: none"> <li>Blood pressure goes down.</li> <li>Heart rate goes down.</li> <li>Hands and feet get warmer.</li> </ul>	<b>AFTER 8 HOURS:</b> <ul style="list-style-type: none"> <li>Blood carbon monoxide levels return to normal.</li> <li>Blood oxygen levels go up.</li> </ul>
<b>AFTER 24 HOURS:</b> <ul style="list-style-type: none"> <li>Heart attack risk is lower.</li> </ul>	<b>AFTER 48 HOURS:</b> <ul style="list-style-type: none"> <li>Body becomes free of nicotine.</li> <li>Nerve endings adjust to missing nicotine.</li> <li>Sense of taste and smell start to improve.</li> </ul>
<b>AFTER 72 HOURS:</b> <ul style="list-style-type: none"> <li>Bronchial tubes start to relax.</li> <li>Easier to breathe.</li> </ul>	<b>AFTER 2 -13 WEEKS:</b> <ul style="list-style-type: none"> <li>Blood circulates better.</li> <li>Exercise is easier.</li> </ul>
<b>AFTER 1 YEAR:</b> <ul style="list-style-type: none"> <li>Heart disease risk is cut in half.</li> </ul>	<b>AFTER 5 YEARS:</b> <ul style="list-style-type: none"> <li>Cervical cancer risk same as nonsmoker.</li> <li>Stroke risk same as nonsmoker.</li> <li>Cancer risk of the mouth, throat, esophagus, and bladder is cut in half.</li> </ul>
<b>AFTER 10 YEARS:</b> <ul style="list-style-type: none"> <li>Lung cancer risk is cut in half.</li> </ul>	

Sources: American Cancer Society, CDC, Indian Journal of Psychiatry, Smokefree NHS.




**PROBLEM GAMBLING THERAPY AND SUPPORT SERVICE**

Confidential counselling and support available to those with problem gambling or their concerned other.

Longford County  
083-2025899  
[gamblingsupport@bridgewaysfrc.com](mailto:gamblingsupport@bridgewaysfrc.com)

Logos: BRIDGEWAYS, Longford County Council, Family Resource Centre National Forum, GAMBLING AWARENESS TRUST




COINNIGH UAINNE  
COSC AR THOBAC  
COSC AR VAPÁIL  
NO SMOKING  
NO VAPING  
NOT AROUND US

I dTreo an Longfoirt Saor ó Thobac • TOWARDS A TOBACCO-FREE LONGFORD

Logos: hi Healthy Ireland, Longford, HE, QUIT, Freephone: 1800 201 203, AN LONGFORT, Comhairle Chontae na nÓg



# Sexual Health

**Free prescription and emergency contraception**  
for women and people aged 17 to 25

Choose the contraception that suits you best  
Find out more at [sexualwellbeing.ie](https://sexualwellbeing.ie)



**HE** **FOR PARENTS OF 13-18 YEAR OLDS**

**A resource to support parents having a conversation with their teenagers 13-18 about relationships & healthy sexual development**

Making the 'Big Talk' many small talks

Supporting conversations between parents and their children about relationships and sexuality



## Longford Women's Link

Longford Women's link Domestic Violence Service provides supports to women and children experiencing domestic violence in Co. Longford. We are a team of trained specialists in the areas of domestic violence and coercive control. We use a gendered analysis and victim's rights based approach in supporting clients to manage the violence and control, access safety and engage with legal and social services.

LWLDVS operates from 9am to 5pm Monday to Friday.  
To speak with a Domestic Violence Specialist call 0433341511 or visit our reception area and ask to speak with us without an appointment.  
Supports are free and confidential.

## Resources and sources of support for parents or carers

Explore Sexual Health & Wellbeing





# Younger Children



Libraries Ireland  
Makes Every Library  
Your Local Library

## My Little Library 2025



Parents! Is your child making the big jump from pre-school to primary school?

Your child can collect a free My Little Library Book Bag from your local library. We have lots of books and resources for you!





Rialtas na hÉireann  
Government of Ireland



Right to Read  
at your Library



Rialtas Áitiúil Éireann  
Local Government Ireland



### Edgeworthstown Parent & Baby/Toddler Group

**Tuesday**  
10:30 - 12:00pm

**The Green, Edgeworthstown**

**'Every Week on Tuesday'**

**CONTACT: BRID 087 412 2922**





## Always Children First

### FOUNDATION LEVEL TRAINING FOR CHILDMINDERS

This programme has been developed to support Childminders to understand their responsibilities under the Children First National Guidance and the Children First Act, 2015 and considers the unique position of Childminders and the home environment in keeping children safe from harm.

**Saturday**  
8th of November  
2025

**9:30am  
to  
4:30pm**

**Longford County  
Childcare Committee  
Longford Town N39YY75**

To book a place please contact Clare on or  
0433342505 email [clare@longfordchildcare.com](mailto:clare@longfordchildcare.com)



## Parent and Toddler Group

Ardnacassa Community House  
4 Palace Crescent  
N39 A4W9

Second Tuesday of every  
month 12:30 - 2pm

**086 012 3402**

[communityhouse@longfordcoco.ie](mailto:communityhouse@longfordcoco.ie)



**Ardagh Moydow GAA All Stars** ★

 **17** Saturdays at 10am |  Bill Keenan Pitch, Ardagh (Eircode: N39 FW52)

For children aged 7–12 with additional needs from Longford and beyond! 🧠💡

A safe, welcoming space to:

-  Try GAA
-  Enjoy free play
-  Make friends & have fun

☔ If it's raining, we head into the clubhouse for some indoor fun — so the smiles never stop!

The All Stars run alongside the GAA calendar





### ARDAGH MOYDOW GAA ALL STARS CLUB





**The Ardnacassa Parent and toddler group is on.**

**September the 9<sup>th</sup> 2025,**

**October the 14<sup>th</sup> 2025,**

**and**

**November the 11<sup>th</sup> 2025**



# Children & Adolescents



**Baby Massage:** Classes start Tuesday September 11 at 11.45am in Family Centre, Longford N39 E297 ..all details can be found on Longford Community Families Facebook page



Details can be found on Edufit.ie



## TRAINING & THE FEMALE MENSTRUAL CYCLE

This **FREE** 1-hour workshop is designed for young active females (aged 15-21 years) and for people who support young active girls including fitness instructors, coaches, female liaison officers, teachers, friends, and family.

-  Menstrual Cycle 101
-  Menstrual cycle & exercise performance
-  Managing the menstrual cycle & training
-  Nutrition & exercise performance
-  Recovery Nutrition
-  Self-care & Wellbeing

Delivered online via Zoom on Wednesday 24th September from 7-8pm

**SCAN ME**



To register for this workshop please scan the QR code or click the link in the description

**Delivered by:**



Dr Kiera Ward  
Exercise Physiologist,  
Sports Scientist,  
& Health Researcher



Ruth Kavanagh, MSc.  
A.Nutr.  
Registered Associate  
Nutritionist  
& Health Researcher

# MARTIAL ARTS

**IN BRIDGEWAYS FRC**

No experience necessary

*Training*

**MONDAYS 6PM-7PM**  
**5-15YRS - €6PP**

**FRIDAYS 7PM-8PM**  
**16YRS+ - €8PP**

Contact Padraig on 086 1609054



## Inclusion Athletics



September 4,11, 18, 25

5.15-5.45pm for 5-8 year olds  
5.45-6.15pm for 9-12 year olds

Longford Sports Hub (Athletics Centre)

€ 20



**SPORT IRELAND**  
LOCAL SPORTS PARTNERSHIPS





# Parents, Adults & Older People



Prime Time of Life is a flagship community-based physical activity and wellbeing programme designed specifically for adults living with chronic conditions in Longford. The initiative promotes healthy ageing, social connection, and improved quality of life through regular group-based activity in a welcoming, accessible environment.



BALLYMAHON LIBRARY STARTING MONDAY 8<sup>TH</sup> SEPTEMBER

As you grow older, it's as important as ever to eat well.  
As we reach our mid-60s and older, we begin to have different nutrition needs to keep nourished, strong and healthy.

As an older person, if you are in good health, mobile and living at home, follow our guidelines for a nutritious, balanced diet. If you have a medical condition, please talk to your doctor about the best diet for you.

## How to stay active and flexible Advice for older adults



### The benefits of being active – if you don't use it, you lose it!

#### Being active helps:

- You to stay mobile and independent
- To keep your heart and lungs healthy
- To keep your bones and muscles strong
- To improve your mood

#### Being active improves:

- Your flexibility and prevents stiffness
- Your brain function and memory
- Your balance
- Your health and wellbeing



0818 66 22 12

The helpline for people parenting alone, sharing parenting or separating

- ✓ Listening Support
- ✓ Finances, social welfare, employment
- ✓ Family court, relationship breakdown
- ✓ Childcare, parenting, education

www.onefamily.ie Email: helpline@onefamily.ie



- Stay connected
- Stay active
- Stay informed
- Stay well

## Directory of Supports and Services for Older People in Longford and Westmeath



## Triple P Parenting Course

Edgeworthstown Library

Starting Tuesday 10am

September 9<sup>th</sup> 18<sup>th</sup> 23<sup>rd</sup> & 30<sup>th</sup>

To book contact Reception 0436660977 or

Email : reception@lngfrc.ie






# Longford Libraries

Longford Libraries have a lot of upcoming events (just a few attached here) for more details check out their Facebook page Longford Library Services all details will be there

Yoga Classes for Mother & Toddler

(UP TO 3YO)




Thurs 9<sup>th</sup> Oct - Edgeworthstown Library - 10am

Sat 11<sup>th</sup> Oct - Ballymahon Library - 12:30pm

Visit [longfordlibrary.ie](http://longfordlibrary.ie) or contact your local branch to reserve your place.

hi Healthy Ireland

 LONGFORD SPORTS PARTNERSHIP

 Leabharlanna, Cartlanna, Ealaíona agus Oidhreacht  
Libraries, Archives, Arts and Heritage  
Comhairle Chontae An Longfoirt  
Longford County Council

ART THERAPY WORKSHOP



WITH ANGELA TUITE

 Edgeworthstown Library

 Thursday 25th September

 11am-1pm

To book your place visit our website

[www.longfordlibrary.ie/events](http://www.longfordlibrary.ie/events) or phone 043 3343335

 Leabharlanna, Cartlanna, Ealaíona agus Oidhreacht  
Libraries, Archives, Arts and Heritage  
Comhairle Chontae An Longfoirt  
Longford County Council

hi Healthy Ireland

Healthy Longford

AN LONGFORT

 pobal  
government supporting communities

You're Invited!

 Healthy Ireland



We're Breastfeeding Friendly Longford event

Takes place on Monday, 8 September from 11.30am to 1pm in Ballymahon Library N39 E5C7

We're Breastfeeding Friendly Longford will showcase the many supports available to breastfeeding mothers within Longford Libraries. This is a Longford Breastfeeding Project initiative.

#LongfordBFP

Yoga Fun for Little Ones

suitable for kids aged 6-12

Sat Oct 4<sup>th</sup> - Lanesboro Library - 1pm

Thurs Oct 9<sup>th</sup> - Granard Library - 12am



Visit [longfordlibrary.ie](http://longfordlibrary.ie) or contact your local branch to reserve your place.

hi Healthy Ireland

 LONGFORD SPORTS PARTNERSHIP

 Leabharlanna, Cartlanna, Ealaíona agus Oidhreacht  
Libraries, Archives, Arts and Heritage  
Comhairle Chontae An Longfoirt  
Longford County Council

 Meditation with Melissa

“Life is now more stressful, we need to take a side step and slow down the everyday hustle and bustle of life and meditation is a simple way to do just that.”



Ballymahon Library

Friday 5th September | 5:30 pm

Granard Library

Friday 19th September | 11.00 am

Edgeworthstown Library

Friday 26th September | 11.00 am

Lanesborough Library

Friday 26th September | 2.30 pm

Longford Library

Saturday 27th September | 11.00am

To book your place visit [longfordlibraries.ie](http://longfordlibraries.ie) or contact your local branch

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Healthy Longford

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government supporting communities

 Leabharlanna, Cartlanna, Ealaíona agus Oidhreacht  
Libraries, Archives, Arts and Heritage  
Comhairle Chontae An Longfoirt  
Longford County Council



# Workplace Wellbeing

## Six sessions



The programme is delivered by Dr Niamh Clarke, HSE principal psychologist and is comprised of **6 video sessions**, each around 35 minutes covering following topics:

- Understanding Stress
- Managing Worry
- Managing Anxiety
- Low Mood and Depression
- Stress and Relationships
- Balancing Stress for the Future

You can start the programme here: [www.hse.ie/balancingstress](http://www.hse.ie/balancingstress)

## Stress Control

**Stress Control will teach you these great skills to fight stress (for most of us, a mix of anxiety and depression) and boost your wellbeing. check out [www.stresscontrol.ie](http://www.stresscontrol.ie)**



## Family wellbeing

Safeireland Creating safety for women and children – New Learning Hub: Safe Ireland are delighted to introduce their new Safe Ireland Learning Hub, a comprehensive eLearning platform designed to equip individuals and organisations with the knowledge and tools needed to recognise and respond to domestic, sex, gender and sexuality based violence (DSGSBV). Safe Ireland has a clear ambition: to end domestic violence





# Tips for a Healthy Ireland

## Tips for a Healthy Ireland

**Be Active:** for at least 30 minutes of moderate physical activity 5 days per week (adults)

**Eat:** 5-7 portions of fruit & veg per day

**Move:** more and sit less

**Monitor:** your alcohol intake to keep within weekly low risk limits:

17 standard drinks for men per week; 11 standard drinks for Women per week; 2-3 alcohol free days per week; <6 standard drinks on any occasion

**Quit:** smoking and live healthier, happier and longer.

You can Quit and we can help 1800 201 203



## Useful Links

**Alcohol Awareness:** [www.askaboutalcohol.ie](http://www.askaboutalcohol.ie)

**Drug Awareness:** [www.drugs.ie](http://www.drugs.ie)

**Mental Health:** [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

**Nutrition:** [hse/healthyeatingactiveliving](http://hse/healthyeatingactiveliving)-[www.safefood.eu](http://www.safefood.eu)

**Physical Activity:** [www.getirelandactive.ie](http://www.getirelandactive.ie)

**Pregnancy, Breastfeeding, Child Health:** [www.mychild.ie](http://www.mychild.ie)

**Smoking:** [www.quit.ie](http://www.quit.ie)

**Sexual Well-being:** [www.sexualbeing.ie](http://www.sexualbeing.ie)

**Walking:** [www.getirelandwalking.ie](http://www.getirelandwalking.ie)



**If you have anything you wish to have included in the next Newsletter email to [HealthyLongford@Longfordcoco.ie](mailto:HealthyLongford@Longfordcoco.ie)**

**Or please search Healthy Longford at LongfordCoco.ie or if you have any queries about anything attached please don't hesitate to get in contact.**

**Laura - 087 2777843  
Healthy Longford**