



Healthy
Longford



Hello Everyone!

Welcome to fourth edition of Healthy Longford Newsletter for Months of March, April and May 25. We hope that this newsletter is a positive resource in signposting you to Community supports in Longford. Next Quarterly Newsletter is due out 2 June .

On a personal note; we have just completed Expression of Interest forms that came in seeking Ireland funding for Healthy Longford 2025. All projects who have received funding in 2025 are delivering projects to met set outcomes by Healthy Longford these are:

- 1. Increase in % or adults and children meeting physical health outcomes**
- 2. Increase in positive mental Health as per Energy and Vitality Index**

Thank you all for ongoing support

Wishing you all the best for Spring 2025 and please don't hesitate to get in contact with me any questions you may have

Laura-Healthy Longford

Recent Updates to Longford





Longford Breastfeeding Project
Focus for 2024-2025

- Improved infant feeding space in Longford Shopping Centre
- Collaborating with six libraries in Longford
- Ongoing involvement in events to promote the Longford Breastfeeding Project
- Community education initiatives focused on marginalized communities and Antenatal Harvesting in pregnancy

In 2025, the Longford Breastfeeding Project will collaborate with businesses throughout Longford and continue with ongoing outcomes for the Longford Breastfeeding Project.

For any more information on the Longford Breastfeeding Project please email HealthyLongford@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



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



SEE Something SAY Something is a community engagement initiative of An Garda Síochána and Longford Local Enterprise Office



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 MacEoin Park. Both community houses have 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




Overview of Community & Enterprise Supports available in Longford

Learn more about Supports available to Communities and Enterprise, including Capacity Building, Mentoring, Regenerative Tourism, Climate Action Measures and Training from Longford Local Enterprise Office, Longford Community Resources, SEAI, Tóchar, Longford Climate Action Team and LWETB.

Free Event
To register, email: eomeara@midlandsrep.ie

Date: Wednesday, 12 March 2025, 9.30am - 1.30pm
Venue: St. Mary's Hall, Main St., Lanesborough, Co. Longford, N39 R8K6

Proudly supported by



March 2025-relevant dates regarding Health Information

- Mar 1-31 Endometriosis Awareness Month- **Endometriosis Association of Ireland**
- Mar 4 World Obesity Day
- Mar 4 International HPV Awareness Day - **Irish Cancer Society Marie Keating Foundation**
- Mar 5-**National No Smoking Day Quit Smoking HSE**
- Mar 6 World Lymphoedema Awareness Day-Irish Cancer Society Marie Keating Foundation
- Mar 8 International Women's Day-The National Women's Council
- Mar 13 World Kidney Day-Irish Kidney Association
- Mar 10-16 Brain Awareness Week-Neurological Alliance of Ireland
- Mar 15 World Sleep Day
- Mar 17-23 Nutrition and Hydration Week
- Mar 21 World Down Syndrome Day-**Down Syndrome Ireland**
- Mar 21 International Day for the Elimination of Racial Discrimination-**UN HSE National Social Inclusion office**
- Mar 28 Daffodil Day-Irish Cancer Society

BUSINESS & COMMUNITY SUSTAINABILITY ROADSHOW
EDI CENTRE LONGFORD




Learn more about how your business or organisation can avail of sustainability grants and supports at this free event. Hear from:

- Local Enterprise Office Longford: Sustainability grants and supports for your business.
- The Sustainable Energy Authority of Ireland (SEAI): Retrofitting grants, how to cut down on energy costs, meet energy saving targets, and make significant savings.
- The CUBE: Sustainability supports for your business.

This will be followed by a two hour workshop on the Circular Economy and how it can benefit you, your business or organisation.

Wednesday 12th March 2025 **10am to 1pm**

EDI Centre Longford, Mastertech Business Park, Athlone Road, Longford, N39 Y0F4

This is a free event but places are limited - Register on EventBrite or e-mail caroline@cubecentre.ie

   **WWW.CUBECENTRE.IE**

#AccelerateAction
#IWD2025



International Women's Day

International Women's Day 2025 campaign theme: Accelerate Action

FREE International Women's Day 2025 theme resources - #IWD2025



CELEBRATING SEACHTAIN NA GAELIGE IN BALLYMAHON LIBRARY

SATURDAY, 8TH MARCH 11.30-1.30pm



AN OPPORTUNITY TO SPEAK IRISH TRADITIONAL MUSIC AND SONG
PLENTY OF FUN AND CRAIC

THERE WILL BE A WARM WELCOME FOR MUSIC, SONGS AND POEMS FROM THE PUBLIC

TEA AND LIGHT REFRESHMENTS AVAILABLE ON THE DAY

 Clár Éire Ildánach
Creative Ireland Programme

WORLD BOOK DAY

World Book Day
MARCH 6TH

QUIT.ie



National No Smoking Day
is the perfect time to start your quit journey.

Join the March #28DayChallenge and take back control.



Upcoming Health Dates (Please keep an eye on www.Longfordcoco.ie for more information on upcoming events)



April 2025- relevant dates regarding Health Information

- April 1-30 National Spring Clean programme **An Taisce**
- April 1-30 Bowel Cancer Awareness Month Bowel Screen-Irish **Cancer Society Marie Keating Breakthrough Cancer**
- April 1-30 Testicular Cancer Awareness month-Irish **Cancer Society Marie Keating Breakthrough Cancer**
- Apr 2 World Autism Awareness Day-Irish **Society of Autism**
- Apr 3-10 Adolescent and Young Adult-**AYA Cancer Awareness week Irish Cancer Society**
- Apr 7 World Health Day
- Apr 8 International Traveller and Roma Day-**HSE National Social Inclusion Office**
- Apr 11 Cystic Fibrosis 65 Roses-**National Awareness Day Cystic Fibrosis Ireland**
- Apr 20-26 National Arthritis Week-**Arthritis Ireland**
- Apr 30 National Workplace Wellbeing day

May 2025-relevant dates regarding Health Information

- May 1-31 Sunsmart Skin Cancer Prevention Month-Irish **Cancer Society Marie Keating Foundation**
- May 1-31 Brain Tumour Awareness Month-Irish **Cancer Society Marie Keating Breakthrough Cancer**
- May 1-31 Bealtaine Festival-**Age and Opportunity**
- May 8 World Ovarian Cancer Day-Irish **Cancer Society Marie Keating Breakthrough Cancer**
- May 10-17 Organ Donation Awareness Week-Irish **Kidney Association**
- May 11-18 National Bike Week-**An Taisce Green Schools**
- May 15 Hello How Are You?-**Mental Health Ireland**
- May 19 World IBD Day-**Crohn's & Colitis Ireland**
- May 19-25 European Mental Health Week-**Mental Health Europe**
- May 19-25 National Volunteering Week-**Volunteer Ireland**
- May 30 World Multiple Sclerosis Day-**MS Ireland**
- May 31 World No Tobacco Day-**WHO Quit Smoking HSE**



International Women's Day 2025

St Patrick Day 2025 Longford



LocalEnterprise Week

3rd - 7th March 2025

Leitrim Events Schedule

- Monday 3rd March**
Digital Marketing Review Clinic
- Tuesday 4th March**
A Layman's Guide to Income Tax & Revenue Online Services
Student Enterprise Programme County Finals 2025
- Wednesday 5th March**
Smart Ops: Real World Lessons in Lean, Digital & AI Integration
- Thursday 6th March**
Sustainable Enterprise Development for SMEs
- Friday 7th March**
Celebrate International Women's Day with LEO Leitrim, Longford & Westmeath

Find Out More At localenterprise.ie/leitrim

Making it Happen



localenterprise.ie/week



Just Some upcoming events for International Women's Day 2025



Music
Dancing
Refreshments

Join us for a celebration of Irish culture.

HAPPY St. Patrick's Day

All Musicians Welcome

Friday 14th March
2pm - 4pm



LONGFORD NIGHT TIME ECONOMY PRESENTS

ST PATRICK'S EVE




March 16th

SENSORY AREA

ACCESSIBLE PARKING

16TH MARCH - PARADE BEGINS AT 5:30PM

Proudly supported by



Luck of the Irish

Longford (Edgeworthstown)
8th March
10am-5pm
Women from Mayo, Longford, Monaghan, Mid-Ulster welcome
Lunch & Refreshments provided




Women's Deliberative Café


Have your voice heard
Join in informed discussion & deliberation & decision making with women from **Mid-Ulster, Mayo, Monaghan, Longford** sharing problems, insights, & policy suggestions

Previous participants said
We were all cross-border, and we all had the same problems
We talked about politics, but not about politics

To register your place contact:
Shelley.deane@dcu.ie
Tel: 089 981 8039



International Women's Day



Celebrate International Women's Day with a cuppa, cake and a chat.
In: Edgeworthstown Library
Time: Friday 7th March 11am-12 noon

Just some upcoming plans for St Patrick Day in Longford 2025

LONGFORD NIGHT TIME ECONOMY PRESENTS

ST PATRICK'S EVE

March 16th

MEET OUR GRAND MARSHAL

Lalin Swaris

16TH MARCH - PARADE BEGINS AT 5:30PM

Proudly supported by



Luck of the Irish



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.



www.getirelandactive.ie

Sports

Longford Sports Partnership aims to increase participation levels in sport and active recreation throughout County Longford. In achieving this, we provide assistance in the areas of sports development, education and...

Longford Sports



HSE exercise videos for all ages and abilities

See www.hse.ie





FREE

Inclusive Tai Chi

For adults with additional needs, this class will focus on adapting the practice to meet participants specific needs and abilities. Over the course of 6 weeks, we will tailor the sessions to ensure everyone can fully participate and benefit from the practice.

📅

March 21

🕒

11.00-12.00

📍

Longford Sports Hub (Longford Athletic Centre)

YOGA CLASS

FREE

Part of the Adult Learners' Festival

Thursday, 6th March

1.45 to 2.45 and 2.45 to 3.45

Places are limited, booking essential

reception@Lngfrc.ie

043 666 0977



MOVE WELL FOR HEALTH

TAI CHI THURSDAYS



- DO YOU HAVE A CHRONIC CONDITION?
- ARE YOU AN OLDER ADULT?
- WANT TO IMPROVE YOUR BALANCE?
- WANT TO IMPROVE YOUR STRENGTH?
- WANT TO REDUCE YOUR STRESS & ANXIETY?
- FUN, DYNAMIC CLASS FOR ALL

FOR MORE INFORMATION CONTACT PAFH@LONGFORDCOCO.IE



LONGFORD SPORTS PARTNERSHIP

SPORT IRELAND



AN LONGFORT

Comhairle Chontae An Longfoirt
Longford County Council





Mental Health



Farmer Wellbeing - Episode 84, HSE Talking Health and Wellbeing Podcast

From a national health authority of Ireland >

Farmer Wellbeing

Episode #84 HSE Talking Health & Wellbeing

with Dr. John McNamara & Finola Colgan

Watch on YouTube

Mental Health Longford

Mental Health Longford is the lead organisation in Longford and County affiliated to Mental Health Ireland in promoting the importance of looking after your mental health and well-being. The Association also supports activities to enhance recovery from mental health challenges. Mental Health Ireland's Mission is to "promote and enhance mental health and wellbeing and to create a culture where we are all respected and supported, especially when our mental health is challenged."

Mental Health is a core dimension of overall wellbeing i.e. social mental and physical health. As the adage goes "there is no health without mental health". So, is it possible to define mental health? A complete definition is not entirely possible as everyone state of mental health will vary according to the challenges that life will present from time to time such as bereavement, relationship difficulties, financial worries, work difficulties and so on. Essentially , good mental health allows us to function well, handle stress, and contribute to our communities.

Episode 10 HSE Talking Health and Wellbeing Podcast: Mental Health

Mental Health

Episode #10 - Talking Health & Wellbeing

"When we understand it, we can manage it better"

- Mark Smyth

Watch on YouTube

PODCAST

Mental health and wellbeing are interconnected, one and the same side of a coin.. Looking after both contributes to a healthier, happier, life. One practical way of managing difficulties and challenging moments is to seek help and support in the very same way you would seek support if you twisted your ankle or strained your wrist, or indeed get a skin burn. Mental Health Longford are keen supporters of the Five Ways to Wellbeing coping strategy of Connect, Be Active, Take Notice , Keep Learning and Give in no particular order of preference. However, it is important to "give" to yourself from time and self-compassion when life matters are not going according to plan. To find out more about the Five Ways to Wellbeing- follow MHL on FB or visit www.mentalhealthireland.ie to down load free leaflets on the Five Ways, Stress, Anxiety, the Menopause

MHL has a strong networking relationship with both voluntary and statutory groups in the County and are supported by Finola Colgan Development Officer contactable at finola@mentalhealthireland.ie or 0868353387 for further information and available workshops on Mental Health and Wellbeing in the Community and the Workplace .

Suicide Bereavement Liaison Service: (SBLO)

Provides emotional and practical support and information to anyone who has been bereaved by suicide by connecting or visiting them in a prompt manner.
The service also signposts those if required to further therapeutic supports and services that are available in their local areas.

Bernie Carroll Suicide Bereavement Liaison Officer
CH08 Pieta Midlands
Tel: 086 4180088
Email: bernie.carroll@pieta.ie

If your organisation or community group would like to host a training, please contact your local HSE Midlands Resource Officer for Suicide Prevention:

Patrick Jones – Longford/Westmeath:
Patrick.jones1@hse.ie

SAMARITANS

We're here
to listen,
all weekend.

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

Details around Connecting for Life



REDUCING SUICIDE TOGETHER

NATIONAL SUPPORT SERVICES



OTHER ONGOING SUPPORTS



Longford & Westmeath

Help & Support Information Card
You are not alone,
we are here to help you!
Scan QR codes for information on Local Services



Laois & Offaly

SUICIDE BEREAVEMENT SUPPORT SERVICES



MY MENTAL HEALTH PLAN

My mental health plan is for people age 18 and older. It can help you find ways to improve stress, anxiety, low mood or sleep problems. For more information please visit:

<https://www2.hse.ie/mental-health/my-mental-health-plan/> Or scan:

My Mental Health Plan is not an assessment of your mental health. It cannot help with urgent or long-term mental health issues.

If you, or someone you know is at immediate risk of harm, go to or call the Emergency Department of your local general hospital. You can also contact the Emergency Services on 112 or 999 anytime, day or night.



You can call HSE YourMentalHealth Line anytime, day or night. YourMentalHealth Line is not a counselling service, a member of the team can provide information on:

- mental health supports and services available to you
- how to access different services provided by the HSE and services the HSE funds

yourmentalhealth.ie
Information Line
1800 111 888

Learn about mental health and how to support yourself and others.

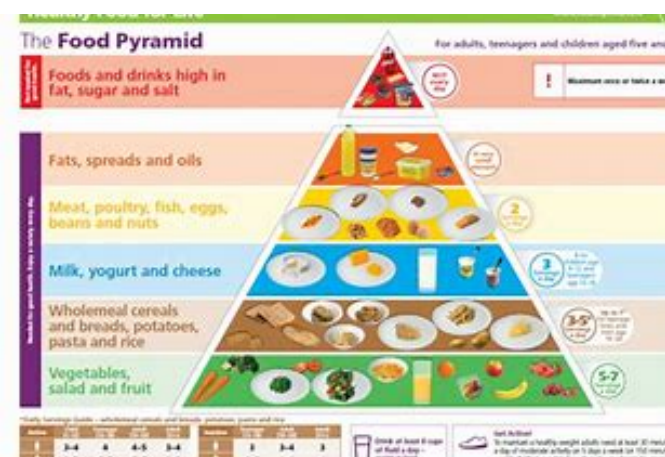


National Office for Suicide Prevention

The role of the NOSP is to effectively support, inform, monitor and coordinate the implementation of Connecting for Life, Ireland's National Strategy to Reduce Suicide, 2015-2020. The NOSP coordinates and funds safe TALK and ASIST training at a national level and these programmes are free for all individuals to attend. safe TALK is one of a number of suicide prevention training programmes available through the HSE and training is coordinated at a local level through HSE Resource Officers for Suicide Prevention and partner agencies



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)



The key messages from Healthy Food for Life are:
Eat more vegetables, salad and fruit - Up to seven servings a day
Limit intake of high fat, sugar, salt (HFSS) food and drinks
Size matters: Use the food pyramid as a guide for serving sizes
Increase your physical activity levels
Small changes can make a big difference.



Nutrition and Diabetes
with Community Food and Nutrition Worker
Sinéad Costello
Join Sinéad for a talk about nutrition and diabetes

Longford Library
Tuesday,
March 25th at 11am

To book your place visit
www.longfordlibrary.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)

Tobacco, Alcohol & Gambling Support

County Longford - Problem Gambling Support



You are not just gambling your money.

We work with the problem gambler as well as the concerned other.

CONTACT US 083-2025899
gamblingsupport@bridgewaysrc.com



Young People & Vaping

Smoking conventional cigarettes is incredibly dangerous. Cigarettes kill 1-in-2 people who smoke and on average lead to 10 years of life lost for people who smoke.

Each week in Ireland, almost 100 people die and 1,000 people are hospitalised from preventable disease caused by smoking.

HSE response – concerns around young people and vaping –

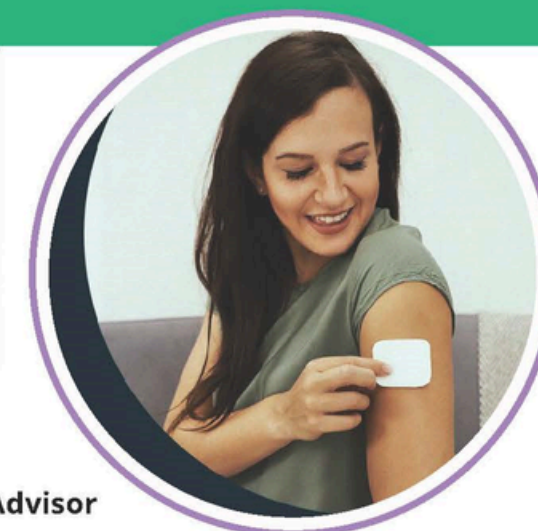
<https://www.hse.ie/eng/about/who/tobaccocontrol/resources/hse-joint-response-to-vaping-and-youth.pdf>

Tips on having a conversation with a young person –

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



Longford Stop Smoking Service



- ✓ Learn how to manage cravings
- ✓ 1:1 support from a HSE Stop Smoking Advisor
- ✓ 12 weeks of FREE stop smoking patches and lozenge/gum/spray
- ✓ Save over €1500 in 3 months by quitting (based on 20 cigarettes/day)

You are 4 times more likely to stop smoking with our help



Longford Primary Care Centre & Granard Health Centre

In person, phone or video call appointments

Catherina: 087 443 5256 (Longford Primary Care Centre)

Anne: 087 443 8132 (Granard & North Longford)

longfordwestmeath.quit@hse.ie

Drug & Alcohol Services & Supports for the Midlands Area (Laois, Offaly, Longford & Westmeath)



The Midland Regional Drug & Alcohol Task Force (MRDATF)

The MRDATF and its sub-structures bring together members representing the community, voluntary and statutory sectors, public representatives and key interest groups to develop and co-ordinate a collective and integrated response to drug and alcohol problems across the midland region.

Contact: Antoinette Kinsella, Co-ordinator MRDATF Email: Antoinette.kinsella1@hse.ie Tel: 086 3800517



HSE CADS (Community Alcohol & Drug Service)

HSE CADS provides assessment and treatment in the community for adults & under 18 year olds concerned with their own or another persons drug or alcohol use. Overall purpose of the service is to seek to minimise drug and alcohol harm in order to have a positive impact on individuals, families & communities

Contact: Fran Byrne, Regional Manager HSE CADS Email: Fran.byrne@hse.ie Tel: 086 3802612



Merchants Quay Ireland (MQI) DATS (Drug & Alcohol Treatment Support) Project

Community based drug & alcohol prevention & treatment support service for individuals over 18 years and families. To contact the service or make a referral contact the Service Co-ordinator Tel: 086 7934920 or Email: dats@mqi.ie



HSE CADS ADAPT (Adolescent Drug & Alcohol Prevention & Treatment Service)

Service delivers a community based drug and alcohol prevention & treatment services to individuals under 18 years and families. To contact the service or make a referral contact the Social Care Lead Tel: 087 4518358 or

Email: CADS.adapt@hse.ie





Drug & Alcohol Support



Overdose Deaths are Preventable, Naloxone Saves Lives.

Overdose deaths are preventable. Overdose deaths are due to the toxic effects of drugs, there have been a total of 376 poisoning deaths in 2017 & 354 deaths in 2021 (Health research board). Behind each statistic, there is a life lost, a family member, a friend, father, mother, son & child. Naloxone is a lifesaving medication that can reverse the effects of opioid overdoses while waiting for an ambulance. Potent and deadly synthetic opioids including nitazenes have been linked to a spate of overdoses this year in Ireland. There are many risk factors to an overdose including poly-drug use, tolerance, life events including homelessness & mental health. Mixing drugs is particularly dangerous when there is more than one substance in a person's system at the same time for example heroin, alcohol and prescription medications.

CADS (Community Alcohol & Drugs Service) provide overdose awareness sessions & naloxone training to all service users on Opiate Substitution Treatment (OST) & also to service users in the community. We are also delivering the Circle program which is a 5 week peer to peer program that trains peers to prevent and treat overdoses with naloxone through education & health promotion. By doing programs such as the above, every service user should have access to naloxone with the view to prevent overdoses & save lives.

CADS provides the following services:

Opiate Substitution Treatment (OST) Methadone Maintenance Treatment including Suboxone; Assessments, brief interventions, viral screening & vaccination, addiction support, health advice, harm reduction, relapse prevention, community reinforcement approach, SMART recovery, referral to alternative therapy.

Addiction homeless nurses, staff nurses & GP/Pharmacy Liaison Services - transition from Treatment Centre to the Shared Care Programme with Community GPs

Counselling (assessment, counselling for drug, alcohol & gambling, family/concerned persons, early intervention, 1-1 counselling, dual diagnosis, CBT, CRA, relapse prevention)

Referrals to other Statutory, Voluntary and Community services as deemed appropriate.

Referral to Merchants Quay Ireland for addiction support services, needle exchange, harm reduction support etc.

Outpatient psychiatric assessment & treatment for clients who have mental health issues in conjunction with addiction issues (in-patient treatment may be provided where deemed necessary).

Naloxone Module 2 training also available for organisations in the community

For further information please contact: The local CADS services @ CADS Treatment Centre, St. Mary's Healthcare Campus Castlepollard Road. Mullingar County Westmeath (044) 9395200 |

<http://www.hsesocialinclusion.ie> | www.drugs.ie | **Barry Tierney cnm1 addiction homeless 087 4518361**



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



HSE

FOR PARENTS OF
13-18
YEAR OLDS

Making the 'Big Talk'
many small talks

Supporting conversations between parents and
their children about relationships and sexuality

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



Your Sexual Health

Sexual health is an important part of overall health. It means the absence of disease and infections but also covers well-being, the ability to control fertilit...

HSE HSE.ie

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.



HSE Episode 51 - Sexual Health
From a national health authority of Ireland

Sexual Health Centre
Episode #51 - Talking Health & Wellbeing

'Sexual health is an everyday aspect of who we all are as humans.'

- Martin Davoren

Resources and sources of support for parents or carers

Explore Sexual Health & Wellbeing

 sexualwellbeing.ie

Longford

County Childcare

Committee

PARENT AND TODDLER GROUP GRANTS 2025

ARE YOU PART OF AN EXISTING GROUP OR LOOKING TO SET UP A GROUP?

Applications NOW open

Application Deadline: COB on Friday, 28th March 2025

An Roinn Léinn, Comhairle Míchúis, Longfoirt

Department of Children, Equality, Disability, Integration and Youth

For more information and application pack contact Eimear Mooney on 043-3342505 or eimear.mooney@longfordchildcare.ie

PEER TO PEER BREASTFEEDING SUPPORT GROUP

2nd & 4th Tuesday Each Month From 10-11:30am

Bridgeways Family Resource Centre N39TD54

BUMPS BABIES TODDLERS ALL WELCOME

RECOMMENCE TUESDAY 26th SEPTEMBER

Supported by Local Public Health Nurse

Contact Jacqui for further information 0867777405

Online Safety

Explore CyberSafeKids for expert resources, tips, and guidance on promoting online safety for kids. Empowering safer digital experiences.

CyberSafeKids /

WORLD BOOK DAY

World Book Day

MARCH 6TH

HUMPTY DUMPTY'S

BABY AND TODDLER GROUP

WEDNESDAYS 10AM-12PM

BACK CABIN - ATTIC HOUSE

ALL WELCOME

FOR MORE INFO: CAT - 085 714 0570

Cuidiú

Caring Support for Parenthood

Healthy Longford

Cybersafekids.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



Healthy
Longford



An Roinn Sláinte
Department of Health

A Guide to Services for **YOUNG PEOPLE WITH DISABILITIES**



SCAN ME



YOU CAN QUIT Vaping and e-cigarettes A HSE information booklet for parents, guardians and young people



SUPPORTING ANXIOUS CHILDREN AND TEENS



TALK FOR PARENTS WITH
DR. MARY O'KANE
LONGFORD LIBRARY

WEDNESDAY 5TH MARCH AT 7PM

BOOK ONLINE AT WWW.LONGFORDLIBRARY.IE, PHONE 043 33 40727

OR AT LIBRARY DESK



WEBWISE PARENTS WEBINAR

National Parents Council:
Guide to creating a family
agreement for online safety



Adults & Older People



LONGFORD SPORTS PARTNERSHIP
SPORT IRELAND

Men on the Move Programme
Wednesday March 19
17.00-18.00
Drumlish Sports Hub
FREE - Over 30's Only





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.



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



Women in Touch
Empowering One Another.

JOIN US FOR OUR ARTY/CRAFT WORKSHOPS FROM
FEBRUARY 25TH & MARCH 4TH HERE AT OUR
WOMEN IN TOUCH GROUP

**TUESDAYS
10AM -12PM
ALL WELCOME**

Lus na Gréine
Family Resource Centre Clg



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

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






Healthy
Longford

Longford Libraries



Longford Library Community Mornings

EVERY THURSDAY 10.30AM -12PM

- Puzzles & Games
- Arts & Crafts
- Newspapers
- Magazines
- and more!!



No booking required. Adults only
www.longfordlibrary.ie

YOUR LIBRARY IN ONE APP



Borrow eBooks, eAudiobooks and ePress on the BorrowBox app.



BIRDLAND MUSIC STUDIO PRESENTS

INTRODUCTION TO SONGWRITING, RECORDING & MUSIC PRODUCTION COURSE



Starting date: March
Tuesday 04.03.2025

Finishing date: April
Tuesday 22.04.2025

Time: 2:00 PM – 4:30 PM

Duration: 2 Months
(8 weeks) once a week.

Cost and Registration:

This Course is FREE of charge, however, places are limited and booking online is required.

Requirements:

- Age 18+
- Basic computer literacy.
- Familiarity with music concepts is desirable but not mandatory.
- A willingness to learn and collaborate with the group.

Location: Longford Library, Town Centre, Longford
Ireland N39 HK76

Please Register here: birdlandmusicstudio.ie

Supported by the Longford Creative Ireland Programme 2025 and Longford Library.

This free course is designed for both beginners and advanced songwriters.

In the sessions we will be exploring songwriting, recording, and music production with singer songwriter, music producer Bianca Fachel.

Participants will develop a single or song for a short film/movie clip, gain insights into building an artist profile, and learn steps to publish their song. At the end of this course the participant will receive a certificate of completion.

Clár Éire Ildánach
Creative Ireland
Programme



Léarálaíocht, Carlianna, Ealaíona agus Oidhreacht
Creative Ireland, Arts and Heritage
Creative Ireland, Arts and Heritage
Longford County Council



The Healthy Ireland at Your Library service
is available in all local libraries across the country

Watch on YouTube

A framework for progressing Mental Health in your workplace



www.mentalhealthireland.ie

[Cycle to Work Scheme](http://www.citizeninformation.ie)
www.citizeninformation.ie



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



There is a connection between your work and your mental health.

Being mindful of your mental health in the workplace can help you:

improve your focus
enhance performance
reduce stress and burnout
see www.hse.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

Resources for workplace wellbeing

- Positive Psychology & Happiness Webinar from HSE Health & Wellbeing #KeepWell #MindingYourWellbeing
- <https://healthservice.hse.ie/staff/health-and-safety/work-related-stress/>
- <https://seechange.ie/see-change-in-your-workplace/>



Community Groups in Longford (A number of groups coming up to Longford)

Roma English Classes



**Mondays and
Wednesdays 9:30am
-10:30am**

**Connolly Campus
Church Street,
Co. Longford
N39 HR68**

***Please bring PPS Number**



An Roinn Forbartha
Tuaithe agus Pobail
Department of Rural and
Community Development

**Community
Development
Programme**

**Clár
Forbartha
Pobail**

Delivered by LWL with Caroline Burke (Mentor & Coach) and Reskill Ireland CLG

STEPPING STONES

Lone Parent Group

This is a two-year, part-time supported programme for women who are parenting alone. It focuses on the **development of soft skills** and includes the following:

- Communications Skills
- Confidence Building
- Time Management
- Personal Finance
- Self Employment
- Career Development
- Interview Skills
- Mindfulness
- Essential Group and 1:1 Support

② Thursday mornings, 10am to 12pm
③ Longford Women's Link, N39 H6R7
④ **Free of charge**

For further details or to register
please contact Kathleen Dowd
kathleen@lwl.ie or 043 3341511

**Join Our new Kinship
Peer Support Group!**

Are you caring fulltime for your grandchild,
niece, nephew, younger sibling, cousin or close
family friend? If so, YOU are a kinship carer.
We're launching a Kinship Peer Support Group
to connect caregivers like you.

What to Expect:
Share your experiences in a safe, supportive environment
Gain valuable advice and resources
Build lasting connections with others who understand
Join us on
Thursday 6th of March 2025
at 10.30am

Where:
Lus na Gréine Family Resource Centre,
Main Street,
Granard,
N39 K102
Contact: Ber 085 741 8293

**Longford
Volunteer Centre**
Ionad d'Obair Dheonach Longford

Services to Organisations

**Longford Volunteer Centre is a one-stop-shop
for all the volunteering needs of local voluntary
and community organisations. As part of our
work we provide the following services:**

✦ PROMOTION

✦ TRAINING

✦ SUPPORT

✦ PLACEMENT



**For organisation supports
contact Bronwyn:
0879981815
bslevin@volunteerlongford.ie**



CRAFTY HOUR

**TUESDAY AFTERNOONS
12.30PM -1.30PM**



**Lus na Gréine
Family Resource Centre Clg**

**Irish Heart
Foundation**

Farmers Have Hearts Free Heart Health Checks

Blood Pressure, cholesterol, glucose, pulse and weight checks,
general lifestyle assessment and advice with Irish Heart nurses.

Date: **WEDNESDAY
5th MARCH** Time: **9:30 - 4:15pm**

Location: **GRANARD MART,
DUBLIN ST, GRANARD, CO. LONGFORD, N39 H247**

To book: **WALK IN**

For more information please visit our website www.irishheart.ie

**5th of March
Community House, Longford, N39 A4W9
10am - 12pm**



Coffee Morning

Celebrating The Aontas Adult Learning Festival

7 Sisters Women's Group

For more information, please contact
info@lwl.ie or 0433341511



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

Drug Awareness: www.drugs.ie

Mental Health: www.yourmentalhealth.ie

Nutrition: hse/healthyeatingactiveliving-www.safefood.eu

Physical Activity: www.getirelandactive.ie

Pregnancy, Breastfeeding, Child Health: www.mychild.ie

Smoking: www.quit.ie

Sexual Well-being: www.sexualbeing.ie

Walking: www.getirelandwalking.ie

If you have anything you wish to have included in the next Newsletter email to HealthyLongford@Longfordcoco.ie

Or please search Healthy Longford at LongfordCoco.ie

All the best for Spring 2025

Laura - 087 2777843

