

Welcome to 1st Edition of our Newsletter

Well since we launched our project in October 2019, the world is almost unrecognisable today. A global pandemic has reached in our communities, our families and into our homes and never more so, has the ability to understand and use health information been so important to all members of the community and all ages within a family.

At the heart of the Health@Home project is the desire to support all member of the family to develop the skills and confidence to make informed decisions about their **health** and the **health** of their families; to be active partners in their care, and to find out how best to use and interact with the health-care systems in your country.

Over the next three months, we will share a range of tools, resources and activities that have been developed by our local partners to help you to:

- **Manage** your mental health
- Explain **what is going on** in the world to the children in your family
- Keep active **and** eat well
- **Link in** with local services that you might need in these challenging times



All this information will be shared on our Facebook page for free with weekly updates starting from April 9th

Like and follow us @

<https://www.facebook.com/healthathomeproject>



Get Involved:

We are working together as an EU Project team to make education and learning relevant to adults, families and young people in terms of our everyday life and experiences.

To achieve this, we are setting up local working groups for the Health@Home project in each partner country. If you could like to get involved, please contact us at the details below

Contact your local partner:



Address: Unit 7 Kells Business Park
Cavan Road, Kells, Co. Meath

Email: info@meathpartnership.ie

Phone: 046 9280790

What we are currently working on and coming soon!



Comic Strips



WebQuest Challenges



Workshop Lessons Plans