Fingal County Council

Press Release

20 February 2018

Fingal students walk 2000 steps for Healthy Ireland Library Initiative

Children from Gaelscoil Bhaile Brigín walked 2000 steps to Balbriggan library to raise awareness of the Healthy Ireland at Your Library initiative taking place across Fingal Libraries.

The children used pedometers provided by Fingal Libraries to count their steps.

On arrival to the library they were greeted by the Mayor of Fingal Cllr. Mary McCamley, Director of Services for Community and Housing, Margaret Geraghty and County Librarian Betty Boardman. Úna Smyth, co-ordinator of Healthy Ireland at your library for Fingal and Laura Hartney arranged an interactive talk on healthy eating delivered by Deirdre Doyle of the Cool Food School.

Mayor McCamley welcomed the programme and said: “We know that a good diet and regular exercise are both vital elements in taking care of your health. This initiative will help educate children from an early age and provide them with tools to make healthy choices. I was delighted to see the children so enthusiastic walking to the library and promoting such a valuable initiative.”

The Department of Health are implementing the Healthy Ireland programme through Public Libraries because of the increasing role they play in providing information and education to residents of all ages.
County Librarian Betty Boardman said: “The programme will enhance current health information in Fingal Libraries by providing a new book stock, e-books, e-audiobooks, e-magazines and health and wellbeing online courses. The Healthy Ireland Book Stock and online resources will be complimented by a range of talks, discussions and workshops with a focus on physical health, mental health and health literacy”.

Chief Executive of Fingal County Council Paul Reid said: “Fingal has the youngest population in the country. It is vital that we invest in the health and wellbeing of children and equip them with the knowledge and resources that will benefit them throughout their lives. Our Library Department is very pro-active and I am delighted to see Fingal Libraries being used as the channel to provide this programme to school children.”

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For more information on Healthy Ireland at your Library, contact press@fingal.ie or visit: http://www.fingal.ie/community-and-leisure/libraries/healthyirelandatyourlibrary/

Photo caption: Mayor of Fingal Cllr Mary McCamley and Deirdre Doyle of Cool Food Schools with children and teachers from Gaelscoil Bhaile Brigin.