

Great turnout for Health & Wellbeing Evening in Bantry

Hosted by Drinagh Co Op and NDC

31st January 2017: The National Dairy Council and Drinagh Co Op recently hosted a special Health & Wellbeing evening at the Westlodge Hotel in Bantry. MC for the evening was 96FM's Deirdre O'Shaughnessy, who introduced the speakers for the evening - Dietitian Paula Mee, Psychologist Shane Martin and Drinagh's Executive Chef Alan Shannon. The evening was held to raise funds for **West Cork Down Syndrome Support Group**. The **Tristan Cahalane Medical Fund** was also a beneficiary of some of the ticket sales for the event and Tristan's mother, Yvonne spoke about how her son was now able to get the much-needed medication to treat him. The 20-month baby was diagnosed with Dravet Syndrome, a rare and severe form of Epilepsy.

Paula Mee who is a well-known face on media and has her own dietetic clinic in Blackrock, discussed the life stages, exploring how – from the young to old – we can make good food choices that can affect our health and wellbeing in a positive way. Known for her lively and informative presentations, Paula gave practical tips and insights into developing positive habits, managing body weight and tackling some of the myths that may affect our food choices.

Paula says *“Imagine your health as a jigsaw, with lots of small pieces of the puzzle that all come together to create a picture of good health. No single factor- such as activity or food - determines overall health, but these are essential pieces of the overall picture. The great news is that you don't have to completely overhaul your diet to make an impact on health. Small changes, made repeatedly, can have a big and positive effect.”*

Psychologist Shane Martin has delivered his 'Moodwatchers' seminar at community venues throughout the length and breadth of Ireland. His talk focused on **The Science of Health and Happiness** and he looked at examining positive emotion - what makes people happier, what gives them more meaning and purpose in life and what measures that they can take to lead them healthier. He went on to highlight ten evidence-based strategies linked to embracing a better quality of life.

Finally, the evening turned to food and Drinagh's Executive chef Alan Shannon demonstrated a number of delicious recipes including Macaroni Cheese, Chicken Biryani and a Bacon, Thyme and Cheddar Cheese Bread.

The evening concluded with a raffle of sumptuous prizes and considerable funds were raised for the West Cork Down Syndrome Support Group.

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