While in the North East, Cavan Monaghan Healthy Families is a joint initiative involving a number of local agencies, including the Health Service Executive North East, Border Counties Childhood Network (BCCN), Monaghan Integrated Development, Cavan and Monaghan Sports Partnerships and the County Childcare Committees, who will work together to promote healthier lifestyles.

The initiative aims to prevent and manage childhood obesity by providing parents and guardians with the skills and knowledge to provide healthier eating options for their families.

Launching the programme in Limerick, Niamh Briggs, footballer with the Ireland women's national rugby union team and who was named Female Player of the Year 2014 at The Rugby Writers of Ireland awards, said, "I am delighted to be associated with this programme as it highlights the advantages of a healthy and active lifestyle for kids showing them and their families how physical activity can be fun." This programme, which has been run previously, has been welcomed by families looking to make the first step towards a healthier future. Over the nine weeks, parents and children will be provided with the advice, ideas and support to achieve this. Sports Development Workers, nutritionists and educators have developed fun-based and informative sessions that engage and empower parents and children to make small lifestyle changes that offer great benefits.

"The programme is aimed at children aged 5-11, who are obese or at risk of becoming obese. It involves attending eight weekly group sessions with other children and families. These sessions are a mixture of fun activities based on healthy eating, cooking, confidence building, play and active games with motivational incentives for participating families. The programme will be held in venues in Monaghan Town, Clones, Castleblaney, Cavan Town, Virginia and Ballinamore. It is free of charge and open to all families meeting the criteria.

The Management Programme is aimed at children aged 8-11, who are obese or at risk of becoming obese. It involves attending eight weekly group sessions with other children and families. These sessions are a mixture of fun activities based on healthy eating, cooking, confidence building, play and active games with motivational incentives for participating families. The programme will be held in venues in Monaghan Town, Clones, Castleblaney, Cavan Town, Virginia and Ballinamore. It is free of charge and open to all families meeting the criteria.

Further information on the programme is available at: http://www.hse.ie/healthfamilies