INTERNATIONAL MENTAL HEALTH WEEK - KILKENNY

OCTOBER 4TH - 12TH 2017
INTRODUCTION

World Mental Health Day takes place each year globally on October 10th. It is a day when we celebrate our good mental health and promote the organisations that offer solutions for those that have poor mental health. In Kilkenny for the second year Lifeline are co-ordinating a week-long series of events that promote positive mental health and the organisations State, Voluntary and Community that aid those suffering with poor mental health through a series of talks by inspiring people, workshops, physical activities, music, dance and poetry. There is something in the week for everyone, young and not so young. All of us at some stage in our lives go through emotional distress that can lead to debilitating illness, whether it is the stress of day to day living, bereavement, physical ill health of ourselves or someone close to us, caring for our loved ones young and old…it is true to say that we will all suffer from mental ill heath at some point.

Have a look through our event schedule and come along and join in as many activities as possible. Pop in to the Pop Up Café in The Maltings, Tilbury Place in Kilkenny City where all the information you need will be available along with a free cup of tea and a chat.

Many thanks to all the organisations and individuals that have made this week happen, in particular to our sponsors The Taxback Group, PRL Group and Connecting for Life Ireland’s National Strategy to Reduce Suicide 2015-2020. We hope you enjoy the week.

The Lifeline Team

Trish Finegan: on behalf of Lifeline Kilkenny

The Regional Suicide Resource Office covers HSE Community Healthcare Organisation 5, Waterford, Wexford, Carlow, Kilkenny and South Tipperary. The Resource Office works in the area of suicide prevention, intervention and postvention by coordinating the development and implementation of Connecting for Life, Ireland’s National Strategy to Reduce Suicide 2015-2020 at local level. The Resource Office delivers a range of suicide prevention and self-harm training including safeTALK, Applied Suicide Intervention Skills Training (ASIST) and Understanding Self-Harm. The Resource Office also provides the HSE Bereavement Counselling Service for Traumatic Deaths for those aged 16 and over that are bereaved by suicide, homicide, road traffic accident, industrial, domestic and agricultural accident or drowning. Referrals are taken in writing from a health professional. The team in the office can support other organisations working in the area of mental health with advice, training and information and signposting to services.

Call: 051 874 013 or email: Tracy.Nugent@hse.ie for further information and all training queries can be directed to trainingsro@hse.ie
GROW: HOW TO BE HAPPY AND CONTENT

GROW is a community-based mental health organisation – meetings are held each week in communities across Ireland. Groups provide mutual help and support to anyone experiencing mental health difficulties or struggling with any aspect of their mental wellbeing. Meeting are free, confidential and provide a safe, non-judgemental environment. GROW is about breaking social isolation and promoting social connectedness. GROW centres on the idea that ‘you alone can do it, but you can’t do it alone’ and CHIME concept of recovery – Connectedness, Hope, Identity, Meaning, Empowerment.

GROW website: www.grow.ie
GROW InfoLine: 1890 474 474
Barrack Street, Kilkenny City

To open Kilkenny’s International Mental Health Week 2017 John Lonergan former governor of Mountjoy prison and Caroline Crotty present a talk entitled ‘How to be Happy and Content’ in Langtons on Johns Street at 7pm. The talk is suitable for both adults and older adolescents and is an entertaining talk / evening but with really important key messages. John Lonergan is a native of Bansha, Co. Tipperary and was governor of Mountjoy prison for over 22 years. Retired since 2010 nowadays he delivers talks on a wide range of subjects to communities, voluntary groups, workers and students. His philosophy is that change, personal or otherwise, cannot be enforced on people, believing that real and meaningful change only comes about through dialogue, consent and agreement.

Caroline Crotty B.Soc.Sc. M.A. (Counselling & Psychotherapy) regards her role as a therapist as spotlighting the positive (because we are adept at spotting the negative). Caroline's philosophy is that we can become happier and more confident within ourselves when we learn and practice relevant skills and techniques such as challenging negative thinking; being solutions-focused, exercising positive self-talk and controlling anxieties.

HOW TO BE HAPPY AND CONTENT
Wednesday October 4th | 7pm | Langtons, Johns Street, Kilkenny

FREE EVENT: OPEN TO ALL
ADVANCED RECOVERY IRELAND

ARI is a national Mental Health Division initiative that brings together people who provide our service, those who use them and their families and community supports to work together on how we can make our mental health services more recovery focused.

THE EOLAS PROJECT

The EOLAS Programmes are Mental Health Information and Learning Programmes for service users who have experienced psychosis, specifically schizophrenia and bipolar affective disorder, with a parallel programme for their families and close friends. This is a fully funded course by the HSE.

For further information on ARI or Eolas please contact Fiona Mc Kernan on 086 046 9023

THE RECOVERY COLLEGE

The Recovery College South East is a new innovative educational initiative, covering the areas of Carlow, Kilkenny, South Tipperary, Waterford and Wexford. The primary goal of the College is to develop and deliver educational workshops in Recovery and Wellness in Mental Health and Addiction. All our workshops are co-produced, and co-delivered in partnership with the person with the lived experience, their family, and supporters and the professionals working in the sector of Mental Health and Addiction. Courses are designed to help develop and build skills and understanding. We believe that education offers new hope and opportunity for us all to learn more about Mental Health and Addiction challenges, personal recovery journeys, coping skills, practical skills and how to get the best from Living every day.

Greenshill, Kilkenny 056 7703666: 086 1746330 recoverycollegesoutheast@gmail.com

The opening hours of the College at Greenshill, Kilkenny are 9am to 5pm Monday to Thursday and 9am to 1.30pm on Friday.

AN AFTERNOON OF WELLNESS, HAPPINESS & MINDFULNESS

Wednesday October 4th  |  2pm – 4pm  |  Recovery College South East, Greenshill, Kilkenny

KEEPING MYSELF WELL: TIPS, TOOLS & TRICKS FOR EVERYDAY WELLNESS

Tuesday October 10th  |  2pm – 4pm  |  Recovery College South East, Greenshill, Kilkenny

MEET & GREET

Drop in & Say Hello: Find Out What We Do: Enrol in a Workshop
Tuesday Oct 10th to Tues Oct 17th  |  All Day  |  Recovery College South East, Greenshill, Kilkenny

ALL EVENTS ARE FREE TO ATTEND.
PIZZA AND POETRY WITH TASK & THE INVOLVEMENT CENTRE

TASK (Training and Support Kilkenny) is a full time rehabilitative training programme for adults. They are part of the Kilkenny mental health service. Their programme helps people to improve and maintain mental wellbeing, develop coping strategies and self-care skills, and primarily regain confidence. The Auxiliary Hospital on Wolfe Tone Street is home to a new redesigned recovery garden, art studios and exhibition space.

For International Mental Health Week there will be a Pop Up Shop featuring up cycled furniture, jewellery and textile pieces on site from 10am to 3pm each day.

On Sunday October 8th enjoy an afternoon of music and poetry set in the beautiful surroundings of the hospital gardens and visit the gallery with work produced from our resident artists. Refreshments and Pizza from our new outdoor stone-fired oven will be served.

Involvement Centre, Colliers Lane, Kilkenny.

PIZZA & POETRY
Sunday October 8th | 3pm to 6pm | Auxiliary Hospital, Wolfe Tone Street, Kilkenny

POP UP SHOP
Wednesday October 4th to Thursday October 12th | 10am - 3pm | Auxiliary Hospital, Wolfe Tone Street, Kilkenny

FREE EVENTS OPEN TO ALL
IN Volvement Centre

The Involvement Centre is a peer led drop-in facility to support your mental health and promote wellness. It offers a warm and welcoming place for a cup of tea and a chat for those with poor mental health, their families and friends. The centre is open every Thursday from 2pm to 4pm and every Saturday 11am to 2pm. During International Mental Health Week a number of events will take place in the centre.

Thursday October 5th 10am: Coffee Morning and talk by SHINE, an organisation that aims to empower people with mental ill health and their families through support, information and education.

Wednesday October 11th: Paul Fallon, Area Lead for service user & family engagement for CHO5, will give a talk on the benefits of exercise in improving your Mental Health. Paul is a founding member of the charity 'On the Road Again', a unique, custom-designed Personal Development Programme designed to improve physical well-being and mental health and, in turn, restore and instil positive self-esteem and empower members to take control of their own lives for the better.

Later on the Involvement Centre’s writers group will share their stories, songs and poetry. Join our friendly and supportive group and bring your writing too, musicians are also welcome. With free refreshments visit our comfortable and relaxing Mews meet new friends and celebrate your creativity.

Involvement Centre and Writers Group, 10 Colliers Lane, Kilkenny City

COFFEE MORNING AND A TALK BY SHINE
Thursday October 5th | 10am | Involvement Centre and Writers Group, 10 Colliers Lane, Kilkenny.

PAUL FALLON: THE BENEFITS OF EXERCISE IN IMPROVING YOUR MENTAL HEALTH
Wednesday October 11th | 2pm | Involvement Centre and Writers Group, 10 Colliers Lane, Kilkenny.

WRITERS GROUP
Wednesday October 11th | 3pm to 5pm | Involvement Centre and Writers Group, 10 Colliers Lane, Kilkenny

FREE EVENTS: OPEN TO ALL

KILKENNY CONSUMER PANEL MENTAL HEALTH JAMBOREEE

Kilkenny Consumer Panel provides a Mental Health Forum for service users, their families, friends & supporters, to work in partnership with service providers, to develop and enhance the service.

YOUR SERVICE, YOUR SAY, YOUR WAY!
Do you have something to say about our Mental Health Care? We want to hear from you!

The Consumer panel will host a Mental Health Jamboree in Rothe House, Parliament Street Kilkenny. It is a FREE community and family event with music, song and dance and finger food. All are welcome.

MENTAL HEALTH JAMBOREE
Thursday October 12th | 2pm to 5pm | Rothe House, Parliament Street, Kilkenny

FREE EVENT: OPEN TO ALL
WALK TOWARDS MENTAL HEALTH

Kilkenny Recreation and Sports Partnership
Physical activity is good for your body but it's great for your mind too. Join Kilkenny Recreation and Sports Partnership and our walk leader, Margaret O Keefe, on Monday, the 9th of October, for a guided city walk. This is a great way to meet people and offers the chance of taking a well-deserved break from the hustle and bustle of daily life. An evening walk boosts your energy levels and self-esteem, makes you feel good and also helps you sleep, look and feel better. Not bad for something we can quite easily do for free!

The walk will continue every Monday at the same location so why not kick start a good habit and get to meet some new friends!
For those who cannot make the evening a second walk takes place on Tuesday mornings at 11am from Canal Square. Please contact KRSP if you are interested in joining this walking group.
Wednesday October 4th the KRSP will give a talk on exercise for your mental health in the Pop Up Café in The Maltings, Tilbury Place, Kilkenny.

PHYSICAL ACTIVITY & YOUR MENTAL HEALTH
Wednesday October 4th | 12.30pm | Pop Up Café

WALK TOWARDS MENTAL HEALTH
Monday October 9th | 7pm | Canal Walk at Hurlers Statute
Tuesday October 10th | 11am | Canal Walk at Hurlers Statute

ALL EVENTS ARE FREE AND OPEN TO ALL

AFTERNOON TEA DANCE FOR THE OVER 55’S

Following on from a very successful event last year Dan the Man will again provide the music for an afternoon of fun in St Patricks Parish Centre from 2pm to 4pm on Monday October 9th. This event is aimed at the over 55’s, those with Alzheimer’s and Parkinson’s and anyone who likes to dance. Tea and Coffee with cakes will be served and there will be a raffle with some fabulous prizes.

AFTERNOON TEA DANCE FOR THE OVER 55’S
Monday October 9th | 2pm to 4pm | St Patricks Parish Centre, Loughboy, Kilkenny

FREE but please book your place by calling Trish on 087 756 5376 or emailing imhw2017@gmail.com

ALL WELCOME

SPONSORED BY:

KILKENNY BEREAVEMENT SUPPORT

Kilkenny Bereavement Support, set up in 1989, is a group of trained volunteers who offer a free one-to-one support service to individuals of all ages who are bereaved and grieving. It helps the healing process to talk with a trained listener and work through the strong feelings associated with grief. Bereaved people are met in a safe and confidential environment in Villa Maria, Talbots Inch, Kilkenny.
Kilkenny Bereavement Support will have an information stand in Market Cross Shopping Centre on Wednesday 11th October from 10am to 5pm

KILKENNY BEREAVEMENT SUPPORT INFORMATION STAND
Wednesday October 11th | 10am to 5pm | Market Cross Shopping Centre, Kilkenny
EXTREME ATHLETE: GAVAN HENNIGAN

Galway man Gavan Hennigan is an extreme endurance athlete who came to prominence earlier this year when he rowed solo across the Atlantic as part of the Talisker Whiskey Atlantic Challenge. The 5,000 km crossing took Gavan 49 days to complete and he finished on February 1st 2017. Not only did he win the Solo category of the race, breaking the race record for the concept class, but he beat all the other 3-man and pair boats, finishing in 3rd overall behind the 4-man boats recording one of the fastest times for a solo crossing. His life hasn’t always been about extreme adventures. As a youth, Gavan suffered badly at the hands of alcohol and drug addiction and went into rehab at 21. He managed to turn his life around and has stayed clean and sober since then. His story is one to be heard.

EXTREME ATHLETE: GAVAN HENNIGAN
Wed October 11th | 12noon to 2pm | Springhill Hotel, Kilkenny

FREE EVENT: OPEN TO ALL

PSYCHIATRY OF LATER LIFE

The Psychiatry of Later Life Team provides specialist mental health services to people over sixty five who are coming to the service for the first time. We work in partnership with local GPs, hospitals and other local health care and social services. ‘Minding Our Mental Health as We Get Older’ Short informative talks and information stands by the Psychiatry of Later Life Team

PSYCHIATRY OF LATER LIFE
Wednesday October 4th | 10am | Mc Donagh Junction, Kilkenny

FREE EVENT: OPEN TO ALL
NARRATIVES OF RECOVERY FROM MENTAL ILLNESS: THE ROLE OF PEER SUPPORT

Mike Watts has spent the last 50 years studying and pioneering positive mental health and recovery from mental illness. It included gaining a BA in psychology (NUIG) a Masters in Psychotherapy (UCD) and a doctorate in Recovery through Trinity College Dublin. Mike worked as an area and then national coordinator for GROW from 1983 -2012. His book Narratives of Recovery from Mental Illness: the role of peer support, co-written with Professor Agnes Higgins, was based on the findings of his own doctoral research and was published this year by Routledge Books in Oxford and New York.

This presentation explores and describes processes involved in recovery from mental illness. In particular it highlights the role played by peer support, mental health professionals and involvements in the community. Based on the recovery narratives of 26 long term members of GROW, recovery is described as a three stage process of ‘re-enchantment with life’. Participants described becoming trapped in ‘dialogues of terror’ which led towards isolation and alienation, eventually motivating them to seek help. Recovery began with immersion in peer support which provided them with ‘dialogues of healing’. Recovery also involved discovering meaningful involvements in society through employment, education and leisure activities which provided ‘dialogues of becoming’.

‘NARRATIVES OF RECOVERY FROM MENTAL ILLNESS: THE ROLE OF PEER SUPPORT’
Monday October 9th | 7.00 pm | Rothe House Kilkenny

FREE EVENT: OPEN TO ALL

HEAD HACKERS PROGRAMME: COPING WITH ANXIETY FOR YOUNG PEOPLE

Feeling anxious is something that affects us all at different times, but when anxiety starts to affect our enjoyment of life on a continuous basis this might be a time when a little bit of extra help could do the world of good. The ‘Head Hackers’ Programme is aimed at young people in secondary school who are experiencing anxiety. It looks at what anxiety is and how it affects us, shares coping strategies and identifies what steps we can take together to manage it better. There will be plenty of fun and interesting activities, all in a relaxed environment. If this sounds like something you or a young person you know might benefit from and you would like to find out more then give Emily at Ossory Youth a call on: 087 656 2461 or email emurtagh@ossoryyouth.com.

This group is provided completely free of charge and meets on Saturdays from 3pm – 4.30pm at Desart Hall, New Street.

HEAD HACKERS PROGRAMME: COPING WITH ANXIETY FOR YOUNG PEOPLE
Saturday October 7th | 3pm to 4.30pm | Ossory Youth: Desart Hall, New Street, Kilkenny

EVENT IS FREE AND OPEN TO YOUNG PEOPLE OF SECONDARY SCHOOL AGE
Bullying Its Effects & Remedies and ORP (Occupational Recovery Plan)
The Health and Safety Authority was established in 1989 under the Safety, Health and Welfare at Work Act, and reports to the Minister for Business, Enterprise and Innovation. It is charged with regulating health and safety legislation and promoting safe and healthy work and increased wellbeing in Ireland. The HSA does this by enforcing occupational health and safety law, promoting accident prevention, and providing information and advice across all sectors, including retail, healthcare, manufacturing, fishing, entertainment, mining, construction, agriculture and food services.
Patricia Murray is their Organisational Psychologist, who runs the psychosocial health programme. This includes developing best practice systems for risk assessment and control measures for social and psychological issues caused by or made worse by work.

KCASES: Kilkenny / Carlow Area Supported Employability Service is a free and confidential service available to employers, employees and jobseekers. It enables and empowers people with varying abilities who require extra support or those with a disability or an illness to search for employment in the open labour market. KCASES also assist employers to retain those staff who acquire an illness or condition that affects their ability to carry out their job fully.
Claire Howlin, Co-ordinator in KCASES will introduce an Occupational Recovery Plan for employees and employers as part of an Organisations’ Policies to support employers and their staff to have a conversation around long term illnesses and establishing the facts and expectations for both parties.

WELLNESS IN THE WORKPLACE SEMINAR
Thursday October 12th | 5.30pm | Pembroke Hotel, Patrick Street, Kilkenny

Open to All: FREE but please book your place on imhw2017@gmail.com
THE DETERMINANTS OF BEING WELL

Shine is a national organisation dedicated to upholding the rights and addressing the needs of all those affected by mental illness. The Shine Discovery office for the south east is situated in the very heart of Waterford City opposite the clock tower, a landmark on the quays. Shine Discovery services provide support groups, workshops, individual meetings, art projects, information, support, yoga, mindfulness, gardening....

On October 6th Shine Discovery will hold a talk looking at emotional and social well being, life satisfaction and vitality with an invitation to practice a bit of mindfulness and yoga facilitated by Jessica Statham.

THE DETERMINANTS OF BEING WELL
Wednesday 4th October | 11am | Ferrybank Library

FREE EVENTS: OPEN TO ALL

POP UP CAFÉ

THE MALTINGS, TILBURY PLACE, KILKENNY CITY

Each day (except Sunday Oct 8th), during International Mental Health Week, October 4th to 12th, a Pop Up Café will take place in The Maltings from 11am to 3pm. The Maltings is at the top of James Street on Tilbury Place. Drop into the Café for a cup of tea or coffee and a chat. Information from all the organisations in Kilkenny City and County, State, Voluntary and Community that have a mental health remit will be available. Daily at lunchtime the Café will host free talks and music.

PHYSICAL EXERCISE & YOUR MENTAL HEALTH
Wednesday October 4th | 12.30pm | Kilkenny Recreation & Sports Partnership

YOGA FOR ALL: AN INTRODUCTION TO YOGA FOR YOUR MENTAL WELLBEING
Thursday October 5th | 12.30pm | Marian Dolan

SELF CARE. HOW AWARE CAN HELP YOU!
Thursday October 5th | 2pm | Bríd O’Meara

GETTING THE BALANCE
Friday October 6th | 12.30pm | Mary Walsh: GROW

MUSIC & POETRY SESSION
Saturday October 7th | 12pm | Music & Poetry Session: Music by Anna-Leise: Poetry by Nora Brennan

MOOD FOOD
Tuesday October 10th | 12.30pm | Jenny White: Nutritionist: Foods that support positive mental health

HOW TO ACCESS SERVICES
Thurs Oct 11th | 12.30pm | Theresa Hunston: HSE

MIND YOUR MENTAL HEALTH
Thursday October 12th | 12.30pm | Linda Thorpe: Mental Health Ireland

OPEN EVERYDAY OCT. 4TH - 12TH (EXCEPT SUNDAY THE 8TH) FROM 11AM TO 3PM

ALL WELCOME
KILKENNY COUNTY LIBRARY SERVICE

Branches across the County: Callan, Thomastown, Ferrybank, Castlecomer, Graiguenamangh, Urlingford, Loughboy, Kilkenny City, Mobile Unit traversing the County

Kilkenny County Library Service aims to provide a quality, accessible service which enhances the lives of the communities of Kilkenny, through the provision of a knowledge resource, promoting imagination, lifelong learning and culture. The branches have public spaces that will be used during International Mental Health Week to host talks, poetry and prose readings and music events. In addition there will be a Mental Health and Wellbeing reading list on display promoting books concerning positive mental health.

EVENTS IN THE LIBRARIES ARE FREE AND OPEN TO ALL:

**FERRYBANK LIBRARY:**
- Wednesday October 4th | 3pm | A Talk by SHINE: “The Determinants of Being Well
- Wednesday October 4th | 4pm | High Hope Choir

**CASTLECOMER LIBRARY:**
- Thursday October 5th | 11am | ‘Giving light and hope’ Teac Tom

**THOMASTOWN LIBRARY:**
- Wednesday October 4th | 10.15am | Talk from reachout.com: An online resource for young people

**URLINGFORD LIBRARY:**
- Tuesday October 10th | 11am | Samaritans: ‘S.H.U.S.H - exploring coping and supporting skills’

**LOUGHBOY LIBRARY:**
- Thursday October 5th | 4pm | ‘Josie, My Story’

**FENNELLYS CAFÉ, CALLAN**

Fennellys of Callan on Bridge Street in the town will hold a Mindfulness hour from 9.30am -10.30am in the courtyard on October 11th. Donations welcome, please dress warmly. Stay afterwards and enjoy Tea/Coffee/ Juices and delicious treats that are available in the coffee shop.

**A MORNING OF MINDFULNESS**
- Wednesday October 11th | 9.30am to 10.30am | Fennelly’s of Callan

**FREE: OPEN TO ALL**
**TEAC TOM**

*Ormonde Road, Kilkenny*

Teac Tom is part of The Tommy Hayes Trust set up in 2014 by Angela Hayes following the death of her son by suicide. The trust’s goal is to offer free and immediate counselling, in a safe and nurturing environment for those directly affected and their families, those suffering from suicidal ideation and emotional distress.

Teac Tom on Ormonde Road will host their weekly coffee morning on Thursday from 10am to 12noon. All are welcome.

“Tango Your Worries Away” at the town Hall on Friday and Saturday. Write your worries down and give them to Tango the Worry Bear where they will be taken away at the end of the day and symbolically burnt.

**COFFEE MORNING**

Thursday October 5th | 10am to 12noon | Teac Tom, Ormonde Road, Kilkenny
Thursday October 12th | 10am to 12noon | Teac Tom, Ormonde Road, Kilkenny

**TANGO YOUR WORRIES AWAY**

Friday October 7th | 12noon to 5pm | The Town Hall, Kilkenny
Saturday October 8th | 2pm to 5pm | The Town Hall, Kilkenny

**FREE EVENTS; OPEN TO ALL**

**Samaritans**

Samaritans Vision is that fewer people die by suicide. We believe talking about your problems help alleviate feelings of distress and/or despair including those which may lead to suicide. We provide a safe, non-judgemental space where you can explore your thoughts and feelings in whatever way suits you.

Samaritans Feet On The Street: Samaritans bring their emotional support to you! Now your local branch of Samaritans take their support to those who may need to talk but have for whatever reason not picked up the phone. Talk to them about whatever is troubling you. They are there to listen without judgment. Just say hello, let them take it from there. It’s good to talk.

*Dean Street, Kilkenny City*

FreeCall 116123, Text: 087 260 9090,
Face to Face on Dean St. or Face to Face at Feet On The Street on Saturdays in Kilkenny/Carlow.

www.samaritans.org/branches/samaritans-kilkenny-carlow

**FEET ON THE STREET**

Saturday October 7th | 2pm to 5pm | The Parade, Kilkenny
Thursday October 12th | 2pm to 5pm | The Parade, Kilkenny

**CASTLECOMER DISCOVERY PARK GUIDED WALK**

Enjoy a guided afternoon walk in the beautiful Discovery Park, Castlecomer with all the family. Use nature to still your racing mind while the children enjoy exploring the park with an orienteering map.

Sun October 8th | 2pm to 4pm | Castlecomer Discovery Park

**FREE TO ATTEND AND IS OPEN TO EVERYONE YOUNG AND OLD**
**Aware in the Pop Up Café**

Aware is a mental health charity providing support, information and education to people impacted by depression, bipolar disorder and anxiety. Aware also work to improve mental health by providing a number of educational programmes to adults and senior cycle students.

**Self Care How Aware Can Help You**: Bríd O’Meara

Thursday October 5th  | 12.30pm  | The Maltings Tilbury Place

**Buddy Bench**

Look Up, Look Around And Look Out For Each Other

www.buddybench.ie  hello@buddybench.ie  Tel: 056 7702027

Buddy Bench Aware is a school-based child-led positive mental health programme that promotes emotional resilience and mental wellbeing, through supporting the core competencies of empathy, creativity, self-awareness and communication. All children deserve good mental health. Our purpose is to empower a generation of children to create a world where it’s OK, that is, normal, natural, easy and fun, to express yourself. As part of International Mental Health Week Buddy Bench Ireland are delighted to deliver their positive mental wellbeing programme to a larger school in south Kilkenny in collaboration with Lifeline.

**Foróige Drum Youth Centre**

Foróige DRUM Youth Centre enables young people to involve themselves consciously and actively in their own development and in the development of society. All our work is designed to achieve this in a developmental and fun way, by:

1. Building self-esteem and confidence through challenging experiences
2. Develop the ability to manage personal and social relationships
3. Providing learning opportunities which enable youth to gain knowledge and develop new skills
4. Build young people’s capacity to consider risks and consequences, make informed decisions and take responsibility

Our Drop In Sessions are for 3rd - 6th Years and run on Fridays 4 - 6pm and Saturdays 2 - 5pm. Young people can spend as long as they want in the centre during these times and avail of a snack, use the computers, play games or just sit, relax and have a chat.

**FREE: Open to 3rd to 6th Secondary School Students Only**

**‘Travellers Telling Their Story’**

Come along and join in by sharing your memories, stories and songs from days gone by that celebrate Traveller culture.

Wed 11th October  | 10.30am - 12.30pm  | (Closed group)
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<tr>
<th>OCT.</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>TIME</th>
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<tbody>
<tr>
<td>4th</td>
<td>TASK Pop Up Shop</td>
<td>Auxiliary Hospital, Wolfe Tone Street, Kilkenny</td>
<td>from 10am</td>
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<td>Wed.</td>
<td>Wellness, Happiness &amp; Mindfulness Afternoon</td>
<td>Recovery College South East, Greenshill, Kilkenny</td>
<td>2pm – 4pm</td>
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<td>Wed.</td>
<td>GROW: How to be Happy and Content</td>
<td>Langtons, Johns Street, Kilkenny</td>
<td>7pm</td>
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<td>Wed.</td>
<td>Psychiatry of Later Life</td>
<td>Mc Donagh Junction, Kilkenny</td>
<td>10am</td>
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<td>Wed.</td>
<td>KRSP: Physical Exercise &amp; Your Mental Health</td>
<td>Pop Up Cafe, The Maltings</td>
<td>12.30pm</td>
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<td>Wed.</td>
<td>High Hope Choir</td>
<td>Ferrybank Library</td>
<td>4pm</td>
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<td>Talk from reachout.com</td>
<td>Thomastown Library</td>
<td>10.15am</td>
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<td>A Talk by SHINE: The Determinants of being well</td>
<td>Ferrybank Library</td>
<td>3pm</td>
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<td>Thur.</td>
<td>Coffee Morning and a talk by SHINE</td>
<td>Involvement Centre, 10 Colliers Lane, Kilkenny</td>
<td>10am</td>
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<td>Thur.</td>
<td>Marian Dolan: Yoga for All</td>
<td>The Maltings, Tilbury Place, Kilkenny City</td>
<td>12.30pm</td>
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<td>Thur.</td>
<td>Self Care How AWARE can help</td>
<td>The Maltings, Tilbury Place, Kilkenny City</td>
<td>2pm</td>
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<td>Thur.</td>
<td>‘Josie, My Story’</td>
<td>Loughbouy Library</td>
<td>4pm</td>
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<td>Thur.</td>
<td>‘Giving Light and Hope’ Teac Tom</td>
<td>Castlecomer Library</td>
<td>11am</td>
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<td>Coffee Morning</td>
<td>Involvement Centre, 10 Colliers Lane, Kilkenny</td>
<td>10am - 12pm</td>
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<td>Fri.</td>
<td>Teac Tom: Tango Your Worries Away</td>
<td>Town Hall</td>
<td>12pm - 5pm</td>
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<td>Fri.</td>
<td>Drop in Sessions: The Drum Centre</td>
<td>MacDonagh Junction</td>
<td>4pm</td>
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<td>Fri.</td>
<td>GROW: Getting the Balance</td>
<td>The Maltings, Tilbury Place, Kilkenny City</td>
<td>12.30pm</td>
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<td>Sat.</td>
<td>Music &amp; Poetry Session</td>
<td>The Maltings, Tilbury Place, Kilkenny City</td>
<td>12pm</td>
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<tr>
<td>Sat.</td>
<td>Teac Tom: Tango Your Worries Away</td>
<td>Town Hall</td>
<td>12pm - 5pm</td>
</tr>
<tr>
<td>Sat.</td>
<td>Samaritans: Feet on the Street</td>
<td>The Parade, Kilkenny</td>
<td>2pm - 5pm</td>
</tr>
<tr>
<td>Sat.</td>
<td>Drop in Sessions: The Drum Centre</td>
<td>MacDonagh Junction</td>
<td>2pm - 5pm</td>
</tr>
<tr>
<td>Sun.</td>
<td>Family walk in the discovery park</td>
<td>Discovery Park, Castlecomer</td>
<td>2pm - 4pm</td>
</tr>
<tr>
<td>Sun.</td>
<td>Poetry and Music</td>
<td>Brewery Corner, Kilkenny</td>
<td>6pm to 8pm</td>
</tr>
<tr>
<td>Sun.</td>
<td>Pizza &amp; Poetry</td>
<td>Auxiliary Hospital, Wolfe Tone Street, Kilkenny</td>
<td>3pm - 6pm</td>
</tr>
<tr>
<td>Mon.</td>
<td>Afternoon Tea Dance for the Over 55’s</td>
<td>St Patricks Parish Centre, Loughboy, Kilkenny</td>
<td>2pm - 4pm</td>
</tr>
<tr>
<td>Mon.</td>
<td>‘Narratives of Recovery from Mental Illness: the role of peer support’</td>
<td>Rothe House Kilkenny</td>
<td>7.00 pm</td>
</tr>
<tr>
<td>Mon.</td>
<td>KRSP: Walk Towards Mental Health</td>
<td>Canal Walk</td>
<td>7pm</td>
</tr>
<tr>
<td>Mon.</td>
<td>Meet &amp; Greet</td>
<td>Recovery College South East, Greenshill, Kilkenny</td>
<td>9am - 5pm</td>
</tr>
<tr>
<td>Tues.</td>
<td>KRSP: Walk Towards Mental Health</td>
<td>Canal Walk</td>
<td>11am</td>
</tr>
<tr>
<td>Tues.</td>
<td>Jenny White: Mood Food</td>
<td>The Maltings, Tilbury Place, Kilkenny City</td>
<td>12.30pm</td>
</tr>
<tr>
<td>Tues.</td>
<td>Samaritans: S.H.U.S.H - exploring coping &amp; supporting skills</td>
<td>Urlingford Library</td>
<td>11am</td>
</tr>
<tr>
<td>Tues.</td>
<td>Keeping Myself Well: Tips, Tools &amp; Tricks for</td>
<td>Recovery College South East, Greenshill, Kilkenny</td>
<td>2pm – 4pm</td>
</tr>
<tr>
<td>Wed.</td>
<td>Extreme Athlete: Gavan Hennigan</td>
<td>Springhill Hotel, Kilkenny</td>
<td>12pm - 2pm</td>
</tr>
<tr>
<td>Wed.</td>
<td>Kilkenny Bereavement Support information stand</td>
<td>Market Cross Shopping Centre, Kilkenny</td>
<td>10am - 5pm</td>
</tr>
<tr>
<td>Wed.</td>
<td>Paul Fallon: The benefits of exercise in improving your mental health</td>
<td>Involvement Centre, 10 Colliers Lane, Kilkenny</td>
<td>2pm</td>
</tr>
<tr>
<td>Wed.</td>
<td>Writers Group</td>
<td>Involvement Centre, 10 Colliers Lane, Kilkenny</td>
<td>3pm - 5pm</td>
</tr>
<tr>
<td>Wed.</td>
<td>Travellers telling their story</td>
<td>Closed Group</td>
<td>10.30am -12.30pm</td>
</tr>
<tr>
<td>Wed.</td>
<td>A Morning of Mindfulness</td>
<td>Fennelly’s of Callan</td>
<td>9.30am - 10.30am</td>
</tr>
<tr>
<td>Wed.</td>
<td>How to Access Services: Theresa Hunston: HSE</td>
<td>The Maltings, Tilbury Place, Kilkenny City</td>
<td>12.30pm</td>
</tr>
<tr>
<td>Thur.</td>
<td>Consumer Panel: Mental Health Jamboree</td>
<td>Rothe House, Parliament Street, Kilkenny</td>
<td>2pm - 5pm</td>
</tr>
<tr>
<td>Thur.</td>
<td>Mind Your Mental Health</td>
<td>The Maltings, Tilbury Place, Kilkenny City</td>
<td>12.30pm</td>
</tr>
<tr>
<td>Thur.</td>
<td>Coffee Morning</td>
<td>Teac Tom, Ormonde Road, Kilkenny</td>
<td>10am - 12pm</td>
</tr>
<tr>
<td>Thur.</td>
<td>Samaritans: Feet on the Street</td>
<td>The Parade, Kilkenny</td>
<td>2pm - 5pm</td>
</tr>
<tr>
<td>Thur.</td>
<td>Wellness in The Workplace Seminar</td>
<td>Pembroke Hotel, Patrick Street</td>
<td>5.30pm</td>
</tr>
</tbody>
</table>
SAY YES TO SUPPORTING & UNDERSTANDING MENTAL HEALTH IN YOUR COMMUNITY

Lifeline
LINKING TOGETHER FOR SUICIDE PREVENTION IN CO. KILKENNY