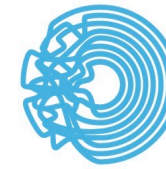


LIMERICK MENTAL HEALTH WEEK 2021



LIMERICK
Mental Health
Association

DATE	EVENT	VENUE
7.30PM FRIDAY-OCT 8	<p>Limerick Council Chambers, King John's Castle, UL, MIC, and the Clayton Hotel will all light up in green, as the Ilen, the last of Ireland's traditional wooden sailing ships sails into Limerick at dusk. The Ilen will be illuminated in green and flanked by boats from the Civil Defence. Due to Covid and public safety requirements, the public are asked not to gather for this event. The event will be live-streamed to the public. Members of the public are invited to wear green, and light up their phones at 7.30pm to symbolically support the launch of Limerick Mental Health Week as the Ilen arrives into Limerick city at dusk. Mayor Daniel Butler will officially launch Limerick Mental Health Week with an act of commemoration for Limerick people who have lost their lives to Covid. Weather permitting, singer Emma Langford will perform from on board the Ilen. Olympian Roisin Upton will also be on board. The Pegasus Suite in the Clayton Hotel has been booked to allow stakeholders view the Ilen's arrival. Due to Covid restrictions, this has to be a private event, with a maximum of 50 invitees, all masked, socially distanced and vaccinated. LMHA will endeavour to accommodate a representative from each of the stakeholders in the Pegasus Suite.</p>	RIVER SHANNON/CLAYTON HOTEL

<p>2pm SUNDAY-OCT 10</p>	<p>SIMULTANEOUS YOGA Yoga instructor, Bobby Jones, will livestream a yoga session from the sports hall in LIT, where he will be joined in person by students from LIT. Bobby Jones's yoga session will be streamed to the GROW building on Henry Street for a simultaneous yoga experience. Members of the public will be able to access the yoga session from the comfort of their own homes. A link will be posted on the LMHA and Grow websites. This event is sponsored by Atlas Fit, which is providing free yoga mats to those participating in person at the LIT and GROW buildings.</p>	<p>LIT - STREAMED TO GROW FROM LIT WITH BOBBY JONES INSTRUCTOR 2PM:</p>
<p>SUNDAY-OCT 10</p>	<p>To mark World Mental Health Day -Mental Health Ireland will release its HUMAN LIBRARY BOOK, which comprises members of the public telling their stories of overcoming mental challenges. These contributions are in the form of photos, voice messages, and written stories. MHI will publish the Human Library Book on its website and share through its social media.</p>	<p>VIRTUAL EVENT RUN THROUGH MENTAL HEALTH IRELAND ONLINE.</p>
<p>2pm MONDAY - OCT 11</p>	<p>ONLINE EVENT Former Irish athlete David Gillick discusses: MENTAL HEALTH- DEALING WITH UNCERTAINTY A Link will be shared on LMHA website & Limerick Chamber website</p>	<p>VIRTUAL EVENT</p>
<p>MONDAY OCT 11 Time TBC</p>	<p>SNUGGLES, STORIES AND SMILES. Start Right will be hosting a fun interactive story and sensory activity session for parents and toddlers. For Covid compliance this event is closed and only open to invited local baby and toddler groups. If it rains, the event will be held in Moyross Community Enterprise Centre. Further Information on 061 419388</p>	<p>MOYROSS PARK/MOYROSS COMMUNITY ENTERPRISE CENTRE.</p>

<p>1pm Monday October 11</p>	<p>LUNCHTIME TALKS: THE REVENGE OF A LIMERICK WOMAN FALSELY DETAINED IN AN INSANE ASYLUM BY HER HUSBAND, A FAMOUS POLITICIAN. Historian Sharon Slater tells the extraordinary story of Rosina Lytton Née Doyle whose false detention in an insane asylum provoked a public outcry. Her husband was a politician and writer who coined famous phrases like "the great unwashed", and "the pen is mightier than the sword".</p>	<p>St Mary's Cathedral - max 50 people, Covid restrictions apply.</p>
<p>2pm Tuesday October 12</p>	<p>ONLINE EVENT</p> <p>LUNCHTIME TALKS: 'MEANINGFUL DISCONNECTION'. Hosted by John Hickey lecturer at ICHAS. For many it will be a shock to their systems opening up to society again. This workshop is about finding time/space and focus to healthily disengage from the busy social world/demand and to re-engage with the self, adding a better balance to one's life. See Irish College of Humanities & Applied Sciences website: www.ichas.ie for details on how to register for this online event.</p>	<p>ONLINE EVENT hosted by ICHAS</p>
<p>1PM TUES - OCT 12 LAUNCH</p>	<p>MYSTORY - (MENTAL HEALTH OF YOUTH STORY) is a powerful photovoice exhibition, which is a collaboration between Jennifer McMahon of the UL psychology department, Eibhlin Walsh, a UL doctoral student, and John Real of Limerick Youth Service, all working with Be Well's youth advisory panels to better understand school-based suicide prevention and mental health in Ireland through photography. This will be an exhibition of photographs taken by students around the theme of mental health and youth suicide. Mayor Daniel Butler will launch this event.</p>	<p>LIMERICK CITY GALLERY OF ART</p>

<p>1pm Wednesday October 13</p>	<p>LUNCHTIME TALKS: MANAGING STRESS IN THE WORKPLACE -BY GROW AREA COORDINATORS AMIE HUGHES AND MICHAEL CROWE. As people start to return to the workplace, managing stress and anxiety will be key challenges. This talk will be delivered in GROW's upstairs training room at 33 Henry Street. The event will also be streamed online via zoom. Further details available on GROW's website, www.grow.ie</p>	<p>GROW'S UPSTAIRS TRAINING ROOM, 33 HENRY STREET. DISABLED ACCESS.</p>
<p>7pm Wednesday October 13</p>	<p>SEPARATION ANXIETY AND PETS Rockhall Veterinary will host a webinar on the topic of "Managing Separation Anxiety in your pet as we return to the office" Prepare your pet for increased amounts of separation time, and thereby reduce the amount of stress the owner may feel. For more information visit https://rockhallveterinary.ie/</p>	<p>VIRTUAL EVENT</p>
<p>10m Thursday October 14</p>	<p>BREAK THE SILENCE: Created by young people with LYS's Be Well Youth Advisory Panel, this powerful short film promotes the importance of talking to our mental health. The premiere will be followed by a discussion with the Be Well team. For more details and Zoom links contact John at johnr@limerickyouthservice.org or www.limerickyouthservice.com</p> <p>•</p>	<p>ONLINE LAUNCH VIA ZOOM - LIMERICK YOUTH SERVICE</p>
<p>11am Thursday October 14</p>	<p>A one-hour physical and virtual drop in event run by GROW. Drop in and enjoy a tea, coffee, and casual chat.</p>	<p>GROW BUILDING, 33 HENRY STREET & STREAMED ONLINE</p>

<p>1pm Thursday October 14</p>	<p>LUNCHTIME TALKS: TALES FROM THE HISTORY OF ST JOSEPH'S PSYCHIATRIC HOSPITAL DR TRIONA WATERS earned her PHD in History with her thesis on St. Joseph's Psychiatric Hospital. She will discuss how St Joseph's was used in 19th Century Limerick, how it developed over time and its leading purposes. Her talk will feature some captivating case studies</p>	<p>St Mary's Cathedral - max 50 people, Covid restrictions apply.</p>
<p>1pm Friday October 15</p>	<p>LUNCHTIME TALKS: MARRYING PHYSICAL AND MENTAL HEALTH - GETTING MIND AND BODY WORKING TOGETHER. Craig Madigan works as a live-in social worker caring for vulnerable teenagers at Compass Child and Family Services. He's also a former Limerick soccer player and a fitness coach who has trained some of Limerick's rugby, soccer and hurling stars. He talks about how to combine mental and physical training techniques to improve your overall wellbeing.</p>	<p>St Mary's Cathedral - max 50 people, Covid restrictions apply.</p>