**Events in the diary *(so far)* for International Mental Health Week 2017: October 4th to 12th:**

**Wednesday 04-Oct**

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| GROW | John Lonergan & Caroline Crotty 'How to be Happy & Content' Ballroom, Langtons 7pm |
| Lifeline | POP UP Café Maltings, top of James Street 11am to 3pm |
| Psycharity of Later Life | Information Stand 'Minding Our Mental Health as We Get Older' MacDonagh Junction 10am |
| Recovery College South East | An afternoon of wellness, happiness and mindfulness Greenshill, Kilkenny City 2pm to 4pm |
| Library Service | Talk form Reachout.com (Roisin Doolan): Thomastown Library: Time TBC |

**Thursday 05-Oct**

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| AWARE | Talk Venue and Time to be Confirmed |
| Careers Fair | Information Stand for all Organisations Ormonde Hotel 9.15am to 4pm |
| Lifeline | POP UP Café Maltings, top of James Street 11am to 3pm |
| Involvement Centre | Coffee Morning & Talk from SHINE: 10am to 12noon |
| Teac Tom: | Coffee Morning: 10am to 12.30pm |

**Friday 06-Oct**

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| Lifeline | POP UP Café Maltings, top of James Street 11am to 3pm |
| Age Friendly Forum | AGM Ormonde Hotel: Information Stand |
| Teac Tom: | Worry Box at the Town Hall: 12noon to 5pm |
| Library Service | Talk by SHINE: Ferrybank Library |

**Saturday 07-Oct**

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| Samaritans | Walk and Talk: The Parade: 2pm |
| Lifeline | POP UP Café Maltings, top of James Street 11am to 3pm |
| Teac Tom: | Worry Box at the Town Hall: 2pm to 4pm |

**Sunday 08-Oct**

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| | Music and Poetry Brewery Corner, Kilkenny 5pm to 8pm |
| TASK: | Pizza and Poetry: Auxliary Hospital, Wolfe Tone Street: 3pm to 6pm |

**Monday 09-Oct**

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| Lifeline | POP UP Café Maltings, top of James Street 11am to 3pm |

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| Mike Watts | Talk on his book 'Recovery from Mental Illness' The Role of Peer Support: Rothe House: 7pm |
| Lifeline | Afternoon Tea Dance Venue TBC 3pm to 6pm |
| KK Recreation & Sports Partnership: | Walk for your Mental Health: Canal Walk: 7pm |

**Tuesday 10-Oct**

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| Lifeline | POP UP Café Maltings, top of James Street 11am to 3pm |
| Recovery College South East: | "Keeping myself well" tips, tools and tricks for everyday wellness. Greenshill, Kilkenny City 2pm to 4pm |
| KK Recreation & Sports Partnership: | Walk for your Mental Health: Canal Walk: 11am |

**Wednesday 11-Oct**

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| Lifeline | Gavan Hennigan 2nd & 3rd level students from Carlow, Waterford & KK Springhill Hotel 12noon to 2pm |
| KK Bereavement Support Services: | Information Stand Market Cross SC 10am to 5pm |
| Lifeline | POP UP Café Maltings, top of James Street 11am to 3pm |
| Involvement Centre: | Creative Writing Group: Time tbc |
| Involvement Centre: | Talk by Paul Fallon: 'The Benefits of Exercise in Improving Your Mental Health: 2pm to 3pm |
| Library Service | Samaritans: Urlingford Library: Time tbc |

**Thursday 12-Oct**

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| Consumer Panel | Family Day Rothe House Time to be confirmed |
| Lifeline | Wellness in the Workplace Seminar: theme Bullying: Health & Safety Authority Pembroke Hotel 6pm to 8pm |
| Samaritans: | Feet on the Street: Parade: 2pm to 5pm |

10th to 17th Recovery College South East "Meet and Greet", drop in and say hello to the Recovery College South East, find out what we do , enrol in a workshop. Greenshill, Kilkenny City

All branches of Libraries talk/workshops Two confirmed but date and branch to be confirmed Samaritans and Reach Out
All the library branches will have a reading list on display for positive mental health, will give out bookmarks when customers take out a book.

International Mental Health Week will take place in Kilkenny from Wednesday October 4th to Thursday October 12th 2017. As part of this years week Lifeline Kilkenny are hosting a Pop Up Café in The Maltings, Tilbury Place each day (except Sunday) from 11am to 3pm. Tea and Coffee will be available to all who pop in for a chat and we need volunteers to help.

If you are available to help or would like to know more about it before you commit please put your name and number below and Trish Finegan will be in touch: Thank You.

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