



Craic'd

letting the light in...

Kilkenny 3rd - 10th October 2018

information · entertainment · exercise · chat

Our Community - Our Positive Mental Health

www.craicd.com





INTRODUCTION

'Craic'd – Letting the Light In' is Lifelinkk's third annual celebration of World Mental Health Day which takes place each year globally on October 10th. It is a day to celebrate positive mental health and promote the organisations that offer solutions to those who need support in improving their mental health. Lifelinkk is an umbrella group for all organisations in County Kilkenny, State, Voluntary and Community, with a mental health remit. Our aim is to forge and strengthen relationships between community and statutory organisations and to be a collaborative voice on issues relating to suicide, mental health and wellbeing.

'Craic'd – Letting the Light In' runs from October 3rd to 10th and it is a truly collaborative project. 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 health at some point.

'Craic'd– Letting the Light In' is, county wide, with events happening right across Kilkenny, thanks in

a large measure to the Library Service. The hub for the week is Market Cross Shopping Centre where information from all the organisations will be to hand, talks and workshops are in the Kilkenny Café during the day and on Saturday from 12 noon, the concourse of the centre will vibrate to music and poetry. Have a look through our event schedule and come along and join in as many activities as possible.

Many thanks are due to all the organisations and individuals that have hosted events and the volunteers that made those events possible. Nothing in life is free so a particularly heartfelt thanks to our sponsors without whom the week would not be possible: The Taxback Group, The Lions Club, The Local Enterprise Office, O'Shea Russell Solicitors, Creative Catering Ltd, Kilkenny Leader Partnership, Market Cross Shopping Centre and Connecting for Life; Ireland's National Strategy to Reduce Suicide 2015-2020.

We hope you enjoy the week.

Best Wishes,

*Trish Finegan: Chairperson Lifelinkk
on behalf of everyone who made this week possible.*



Connecting for Life Kilkenny

The Regional Suicide Resource Office within HSE Mental Health covers HSE South East Community Healthcare. The counties in this region are Waterford, Wexford, Carlow, Kilkenny and South Tipperary. The Suicide 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. There is a local suicide prevention action plan in place for each of the five counties.

The Suicide Resource Office delivers a broad range of suicide prevention and self-harm training programmes to service providers, community groups and the general public within the region. Programmes on offer include safeTALK, Applied

Suicide Intervention Skills Training (ASIST) and Understanding Self-Harm.

The Suicide 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, via referral form, from a health professional. The team in the office can support other organisations working in the area of mental health and suicide with advice, training and information and signposting to services.

For any further information

 051 874013

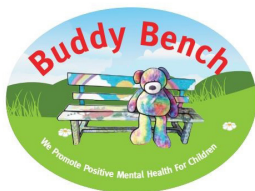
 tracy.nugent@hse.ie

 All training queries can be directed to

 trainingsro@hse.ie



Felhdmeannacht na Seirbhíse Sláinte
Health Service Executive



Buddy Bench Aware is a school-based child-led positive mental health program that promotes emotional resilience and mental well-being, 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 okay i.e. normal, natural, easy and fun, to express yourself.

As part of Craic'd – Letting the Light In, Buddy Bench Ireland in conjunction with Kilkenny Mobile Library are delighted to deliver their positive mental wellbeing programme to five primary schools in County Kilkenny during the week.

 Buddy Bench Ireland
Community Building
Millennium Court
Hebron Road
Co Kilkenny
 056 7702027
 hello@buddybench.ie
 www.buddybench.ie

TALK - PHYSICAL EXERCISE & YOUR MENTAL HEALTH

To learn more about physical exercise and the positive effects it can have on your mental health come along to KRSP's FREE wellness talks. Each talk will include tips on nutrition, our physical activity programmes suitable to all levels and a free healthy Ireland goodie bag.

Since 2004 **Kilkenny Recreation & Sports Partnership** has been committed to promoting healthy living and personal development through recreational and sporting activity within all age groups, and throughout the whole community of Kilkenny City and County. This is done through providing information, education programmes and increasing participation in sports for all.

- 📅 Wed 3 Oct
- 🕒 10:00 am
- 📍 Kilkenny Cafe, Market Cross
- 🌐 www.krsp.ie



Sponsored by:



Market Cross Shopping Centre
The heart of Kilkenny

COFFEE MORNING

Family Carers Ireland is a registered charity a company limited by guarantee, emerging from the coming together of two long standing charities of over 25 years in 2016 – The Carers Association and Caring for Carers. The merger brings the best of both charities together whilst broadening the range of services and supports to family carers and giving one national voice to represent fairness for carers. The Kilkenny branch is in The Springhill Clinic on the Waterford Road where you can drop in or they can be contacted on 056 7727424 or mwalsh@familycarers.ie

- 📅 Wed 3 Oct
- 🕒 11:00 am
- 📍 Springhill Clinic, Waterford Road, Kilkenny
- 🌐 www.familycarers.ie



TALK - GIVING LIGHT & HOPE

Teac Tom is part of The Tommy Hayes Trust set up in 2014 by Angela Hayes following the death of her husband and son by suicide. The aim of the Thomas Hayes Trust is to provide support to individuals and families/friends who are affected by loss, through suicide, or those considering suicide and to contribute to the prevention of suicide in the community. The THT undertakes this objective through the provision of free counselling, education, a drop in support service in the Teac Tom Centre on the Ormonde Road, and a public awareness campaign and to promote positive mental health. The trust's goal is to offer free and immediate counselling, in a safe and nurturing environment to those directly affected, and their families, who suffer from suicidal ideation and emotional distress.

- 📅 Wed 3 Oct
- 🕒 11:00 am
- 📍 Graigenamanagh Library
- 🌐 www.thethomashayestrust.com



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Kilkenny County Library Service

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- 📅 Wed 3 Oct
- 🕒 2:30 pm
- 📍 Thomastown Library
- 🌐 www.krsp.ie



Sponsored by:



Kilkenny County Library Service

DINNER DANCE FOR OVER 21'S

Lifelinkk's annual afternoon of music, dance and food for all over 21 years of age will take place in Hotel Kilkenny at 2pm. This event is organised in conjunction with the Community Gardaí of Kilkenny who will be on hand to sell raffle tickets for some amazing prizes. Dancing will take place to the tunes of musical maestro Dan the Man. The only difference this year is that a two course dinner will be served instead of tea and cakes. It is a FREE event but places are limited and booking is essential, so book your place with Trish at lifelinkkilkenny@gmail.com or text or phone her on 087 7565376.

- 📅 Wed 3 Oct
- 🕒 2:00 pm
- 📍 Hotel Kilkenny,
College Road, Kilkenny

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WORKSHOP - MINDFUL MOVEMENT

Shine Discovery invites you to practice Mindfulness and Yoga in Kilkenny Café facilitated by Jessica Statham.

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.

- 📅 Wed 3 Oct
- 🕒 2.30 pm
- 📍 Kilkenny Cafe, Market Cross
- 🌐 www.shine.ie



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**Market Cross
Shopping Centre**
The heart of Kilkenny

SPIRITUALITY IN THE 21ST CENTURY

Our search for meaning in life involves connecting with and caring for our mind, body and spirit. How can we pay better attention to nourishing our spiritual selves in our human journey? This presentation by **Kilkenny Bereavement Support** explores some pathways of fostering our spiritual growth and our sense of wellness in light of the challenges and losses we encounter in life. We explore living with awareness in this present moment while nurturing our own well of creativity and clarifying our core values in fostering our wellbeing.

📅 Wed 3 Oct
🕒 7.30 pm
📍 Ormonde Hotel,
Ormonde Street, Kilkenny
www.kilkennybereavementsupport.com



THURSDAY 4TH OCTOBER

YOGA FOR ALL WITH MARIAN DOLAN

Yoga For All is run by teacher Marian Dolan in Kilkenny and surrounding areas. The styles of yoga covered include Hatha, Yin, Vinyasa and Somatics as well as numerous other classes suited to specific levels of agility or focus areas, including meditation. Yoga for All specialise in Hanna Somatic Education (also known as Clinical Somatics) which is a safe and gentle approach to eliminating muscle pain through movement with long term results.

📅 Thu 4 Oct
🕒 10:00 am
📍 Kilkenny Cafe, Market Cross
🌐 www.yogaforall.ie


YOGA FOR ALL

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FAMILY CARERS IRELAND INFORMATION STAND

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📅 Thu 4 Oct
🕒 10:00 am
📍 Market Cross
🌐 www.familycarers.ie



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The heart of Kilkenny

WORKSHOP - MUSIC FOR MOOD

Do you listen to music? Has it ever uplifted your mood? How does music influence or affect our mental health? This workshop will explore why some music can motivate us, how some can soothe us, and how we can use music as wellness tool in our everyday lives.

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.

📅 Thu 4 Oct
🕒 10.30 am - 1.00 pm
📍 Recovery College South East,
Greenshill, Kilkenny City
www.recoverycollegesoutheast.com



COFFEE MORNING & TALK WITH PETER BYRNE: LEAD ACTOR IN FEATURE FILM 'THIS DAY'

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📅 Thu 4 Oct
🕒 10.30 am
📍 Teac Tom, Ormonde Road,
Kilkenny
www.thethomashayestrust.com



TALK - PHYSICAL EXERCISE & YOUR MENTAL HEALTH

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📅 Thu 4 Oct
🕒 11:00 am
📍 Callan Library
🌐 www.krsp.ie



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Shopping Centre
The heart of Kilkenny

TALK- MINDING YOUR MENTAL HEALTH

Minding your mental health is just as important as minding your physical health. Linda Thorpe from Mental Health Ireland will give a talk and tips on how best to do this.

Mental Health Ireland is a national voluntary organisation which was established in 1966 as the Mental Health Association of Ireland. MHI's aim is to promote positive mental health and well-being to all individuals and communities in Ireland and have a network of 92 Mental Health Associations throughout the country, all led by volunteers. Their Mental Health Associations fund-raise to organise outings and events for those struggling with mental health in their communities. Area Development Officers support the Mental Health Associations and deliver awareness-raising initiatives and targeted education and training programmes on mental health issues in a variety of settings in local communities.

- 📅 Thu 4 Oct
- 🕒 11:00 am
- 📍 Ferrybank Library
- 🌐 www.mentalhealthireland.ie



Sponsored by:



Kilkenny County Library Service

A CRAIC'NG PANEL: POSITIVE MENTAL HEALTH EVENT FOR YOUNG PEOPLE.

COMEDY · SPEAKERS · CHAT

Following on from last year's very successful event for young people and taking into consideration their feedback 'A Craic'ng Panel' is aimed at senior cycle secondary school and third level students. The afternoon will open with a comedy video by psychiatric nurses and comedy duo 'The Fupin Eejits'. A panel discussion will follow with speakers including Nicole Ryan from 'Alex's Adventure of a Lifetime', Martin Matthews from Shine Discovery and Tammy Darcy from Shona.ie. The afternoon will be chaired by Linda Thorpe from Mental Health Ireland. The event is free to attend but places are limited so please book your place at lifelinkkilkenny@gmail.com. For further information contact Trish Finegan from Lifelinkk on 087 756 536

- 📅 Thu 4 Oct
- 🕒 2.00 pm - 4.00 pm
- 📍 Parish Hall, Mooncoin, Co. Kilkenny
- 🌐 www.shine.ie
www.mentalhealthireland.ie



Sponsored by:

O'Shea Russell
SOLICITORS
COMMISSIONER FOR OATHS



The Shona Project CLG was launched in September 2016. They aim to educate, empower and inspire today's Irish girls to become tomorrow's resilient, capable and confident young women. They address issues such as anxiety & depression, bullying, body image, school stress, family difficulties, relationships and equality. They also encourage young women to participate in STEM, sports, the arts, business, politics and activism, and to promote the benefits of all these activities in terms of self-esteem, confidence and motivation.

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.

Nicole Ryan is a synthetic drug workshop facilitator who has been facilitating workshops and speaking at events nationwide for the last 2 years after sadly losing her brother Alex in 2016 at the age of 18. She has been to over 45 schools and has reached over 5000 students. She is also studying substance abuse in UCC.

OPEN DOOR

Open Door is Kilkenny's only group for young LGBTI+ people and their allies. It is a gay/straight alliance so is open to all young people aged between 12 and 18 regardless of their sexuality or gender identity. We get involved in campaigns to make life better for young LGBTI+ people, raise awareness and have lots of fun in a safe and supportive environment. Open Door meets every week on Thursday from 6:30pm-8:00pm in **Ossory Youth**, Desert Hall, New St Kilkenny. Contact Mick Greene T: 085 1668149 E: mgreene@ossoryyouth.com or Rebecca Carbery T: 087 7677556 E: rcarbery@ossoryyouth.com

- 📅 Thu 4 Oct
- 🕒 6.30 pm - 8.30 pm
- 📍 Ossory Youth,
New Street, Kilkenny
- 🌐 www.ossoryyouth.com



WORKSHOP: FOOD FOR MOOD

This workshop with **Recovery College South East** will explore the connection between food and mental health and wellness. How true are the old sayings "An apple a day keeps the Doctor away" and "Your health is your wealth"? Simple tips and tools for eating right for your mental health.

- 📅 Thu 4 Oct
- 🕒 7pm - 9pm
- 📍 Recovery College South East,
Greenshill, Kilkenny City
- 🌐 www.recoverycollegesoutheast.com



SOULFUL SPIRIT CHOIR

Soulful Spirit choir is a four-part mixed gender choir. Established in 2011 under the directorship of Ms Clare Kilkenny. Soulful Spirit Choir are a thriving and energetic choir with a passion for music. Their repertoire varies from different types and genres of music, suitable for all occasions. They have performed at church and civil weddings, corporate awards nights, book launches and concerts. Their commitment to organising fundraisers to support local charities is one of their ongoing objectives.





New members are greeted with a warm welcome and are well supported in becoming familiar with the choir's material. Rehearsals take place in O'Loughlin Gaels GAA clubhouse on Tuesday evenings from 8:00pm to 9:30pm during the academic year.

- 📅 Thu 4 Oct
- 🕒 7.30 pm
- 📍 MacDonagh Junction, Kilkenny
- 🌐 www.soulfulspiritchoirkilkenny.com



TALK - GIVING LIGHT AND HOPE

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-  Fri 5 Oct
-  10:00 am
-  Kilkenny Cafe, Market Cross
-  www.thethomashayestrust.com



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Shopping Centre**
The heart of Kilkenny

TALK - 'S.H.U.S.H - EXPLORING COPING AND SUPPORTING SKILLS'

Samaritans Vision is that fewer people die by suicide. They believe talking about your problems help alleviate feelings of distress and/or despair including those which may lead to suicide. They provide a safe, non-judgemental space where you can explore your thoughts and feelings in whatever way suits you. Free-call 116123, Text: 087 260 9090, Email: jo@samaritans.ie

-  Fri 5 Oct
-  11:00 am
-  Thomastown Library
-  www.samaritans.org



Kilkenny County Library Service

TALK- MINDING YOUR MENTAL HEALTH

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-  Fri 5 Oct
-  11:00 am
-  Urlingford Library
-  www.mentalhealthireland.ie



**Mental Health
Ireland**

50
years

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Kilkenny County Library Service

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-  Fri 5 Oct
-  2.00 pm to 4.00 pm
-  Community Hall,
Ballyragget, Co. Kilkenny
-  www.shine.ie



Sponsored by:

O'Shea Russell
SOLICITORS
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TALK - CARING FOR THE CARERS

It is important that those who look after others have support too. Mia McLaughlin from the HSE will talk about caring for the carers of people with mental health issues, how they can engage with services and get support for themselves.

-  Fri 5 Oct
-  2.30 pm
-  Kilkenny Cafe, Market Cross



Féidhmeannacht na Seirbhíse Sláinte
Health Service Executive

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Market Cross
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The heart of Kilkenny

ZEN DEN CAFÉ

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.

The Zen Den Café is for 3rd - 6th year and run on Fridays 4 - 6pm and Saturdays 3 - 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. Additionally we also run a selection of groups such as "Techspace, Get Active, Health & Well-being and the Foróige' NUIG accredited Leadership for Life Programme". Our new time table will be available in the coming weeks!

- 📅 Fri 5 Oct
- 🕒 4.00 pm - 6.00pm
- 📍 The DRUM Youth Cafe,
The DRUM Youth Centre,
McDonagh Junction



SATURDAY 6TH OCTOBER

WELLNESS MORNING

The morning starts with a walk at 9.30am from the Community Hall in the Butts, followed by tea/coffee and refreshments with a talk on the importance of physical activity for our mental health. At 11am a yoga workshop will take place. All our welcome.

- 📅 Sat 6 Oct
- 🕒 9.30 am to 12.00 pm
- 📍 St Canice's Neighbourhood
Hall, Butt's Green, Kilkenny



TALK: AN INTRODUCTION TO RELAX KIDS

Gillian Coady is the **Relax Kids** Kilkenny coach. She will talk about this pioneering system of teaching children mindfulness and relaxation techniques, and tools to help them cope with stress and anxiety whilst building their confidence and self-esteem. Learning relaxation from a young age helps children to manage their stress and stay focused.

A typical Relax Kids class includes warm up and movement, fun drama-based games, relaxing mindfulness games, stretching and breathing exercises, massage, affirmations and visualisations. We take children from high energy to low energy and encourage them to relax while developing their creativity and imagination. Sessions support children's mental and emotional well-being and give them the tools to manage stress and to be more resilient, calm and confident.

- 📅 Sat 6 Oct
- 🕒 11:00 am
- 📍 Kilkenny Cafe, Market Cross
- 🌐 www.relaxkids.com

relax kids



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**Market Cross
Shopping Centre**
The heart of Kilkenny

CRAIC'D AT MARKET CROSS JAZZ TRIO - THE SPEAKEASIES AND OPEN PERFORMANCE SESSION FOR ALL

Lifelinkk welcomes all ages and experience. Come along and be involved! Poetry, drama, comedy.

- 📅 Sat 6 Oct
- 🕒 12.00 pm - 4pm
- 📍 Market Cross

Sponsored by:



**Market Cross
Shopping Centre**
The heart of Kilkenny



Creative Catering Ltd.

TALK - NURTURING RESILIENT CHILDREN

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- 📅 Sat 6 Oct
- 🕒 2.30 pm
- 📍 Kilkenny Cafe, Market Cross
- 🌐 www.buddybench.ie



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HEAD HACKERS: 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.

-  Sat 6 Oct
-  3.00 pm - 4.30 pm
-  Ossory Youth, New Street, Kilkenny
-  www.ossoryyouth.com






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-  The DRUM Youth Cafe, The DRUM Youth Centre, McDonagh Junction



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Kilkenny County Library Service

FEET ON THE STREET

Samaritans bring their support to you. The Kilkenny branch take their support to those that may need it but for whatever reason have not picked up the phone. Talk to them about whatever is troubling you. They are there to listen without judgement. Just say hello, let them take it from there. It is good to talk. Samaritans Vision is that fewer people die by suicide. They believe talking about your problems help alleviate feelings of distress and/or despair including those which may lead to suicide. They provide a safe, non-judgemental space where you can explore your thoughts and feelings in whatever way suits you. Free-call 116123, Text: 087 260 9090, E: jo@samaritans.ie

- 📅 Sat 6 Oct
- 🕒 2.00 pm - 5.00 pm
- 📍 The Parade, Kilkenny City
- 🌐 www.samaritans.org



SUNDAY 7TH OCTOBER

LAUNCH OF KILKENNY LOCAL MENTAL HEALTH FORUM

Kilkenny Mental Health Forum provides space and opportunity for service users, family members and carers to voice their experiences and raise issues about the mental health services. All are welcome to the launch of the Forum - with entertainment and refreshments.

- 📅 Sun 7 Oct
- 🕒 5.30 pm
- 📍 Auxilary Hospital, Wolfe Tone Street, Kilkenny City



A CRAIC'NG GOOD DAY FREE FAMILY FUN DAY!

**GROW, Men's Shed, TASK, Tuiscint Day Care, Kilkenny
Mental Health Forum, The Recovery Hub @ The Brook
Centre, The Involvement Centre and supported by Lifelinkk.**

📅 Sun 7 Oct
🕒 1pm to 5.00 pm
📍 Auxiliary Hospital, Wolfe
Tone Street, Kilkenny City

Free Family Fun Day with Music, Entertainment for all ages, Barbeque and refreshments including Tea/Coffee, Wellness Workshops, Pizza and Poetry, Story Telling and Art and lots, lots more!!

TASK (Training & Support Kilkenny) is a rehabilitative programme for adults with Mental issues, under the auspices of Kilkenny Mental Health Services (HSE). People who participate have to be referred through the services. We offer a variety of activities between our base in the Abbey Business Centre and the old Auxiliary Hospital, where there is furniture up-cycling, gardening, sewing and Art on offer. The Involvement Centre is a peer-led support service for people with mental health issues, their families, friends and supporters. It is based in a house in Collier's Lane (just off High St.). The centre is supported by the HSE, but is run entirely by volunteers. Anyone is welcome to call to the centre and participate in activities – no referral is needed.

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

The Mens Shed is a workshop where men can come together to; share their experiences, have a cuppa & a laugh and work together. We meet in Church Lane on the grounds of The Good Shepherd Centre Contact: 085 838 1653 Tuiscint Day Care Services: Kilkenny Mental Day Services catchment caters for population of approximately 95,000. Website: www.grow.ie

Tuiscint Day Service provides comprehensive individual and group therapeutic interventions for people with acute and enduring mental health needs. All interventions are recovery focused and facilitated by members of the enhanced Community Mental Health Team (CMHT). In order to access services in Tuiscint you need to be referred by your GP to the Kilkenny Mental Health Services, assessed by a Psychiatrist and if appropriate referred to Tuiscint as part of your care plan.

The Recovery Hub @ The Brook Centre is located on the grounds of St. Canices Complex Kilkenny. We are part of the Kilkenny Rehabilitation & Recovery sector and we offer our recovery programme through three strands: Creativity - Education - Social Engagement. This service is accessed by those who currently attend the Kilkenny Mental Health Adult and Older Adult service



MONDAY 8TH OCTOBER

TALK - GRIEVING AND RECOVERY

"Grieving and Recovery" will look at how grief is a natural response to loss, how it impacts on our lives, how we can best deal with that impact.

Kilkenny Bereavement Support Services, 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, Talbotts Inch, Kilkenny.

📅 Mon 8 Oct

🕒 10:00 am

📍 Kilkenny Cafe, Market Cross

www.kilkennybereavementsupport.com



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Shopping Centre**
The heart of Kilkenny

WALK TOWARDS MENTAL HEALTH

Physical activity is good for your body but it's great for your mind too. Join **Kilkenny Recreation and Sports Partnership** and walk leader, Margaret O Keefe, on Monday, the 8th 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. A 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!

📅 Mon 8 Oct

🕒 7:00 pm

📍 Canal Square at the 'Hurlers Statue'

🌐 www.krsp.ie



KRSP
KILKENNY RECREATION
& SPORTS PARTNERSHIP
AN IRISH SPORTS COUNCIL INITIATIVE

TUESDAY 9TH OCTOBER

TALK - INTRODUCTION TO THE RECOVERY COLLEGE SOUTH EAST

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 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. The Recovery College 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.

📅 Tue 9 Oct

🕒 10:00 am

📍 Kilkenny Café, Market Cross

www.recoverycollegesoutheast.com



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TALK - 'THE DETERMINANTS OF BEING WELL' WITH SONGS FROM THE HIGH HOPES CHOIR

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....

In 2014, the **High Hopes choir** was formed by Ireland's world-renowned conductor, David Brophy. He set out to help people who are homeless and change their lives through music. There are three choirs around the country, one is based in Waterford City and they will perform in Ferrybank Library for 'Craic'd - Letting the Light In'.

-  Tue 9 Oct
-  3:00 pm
-  Ferrybank Library
-  www.shine.ie



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Kilkenny County Library Service

WEDNESDAY 10TH OCTOBER

TALK - 'THE LITTLE THINGS' WITH LEIGHANN RYAN-CULLETON

The Suicide Resource Office delivers a broad range of suicide prevention and self-harm training programmes to service providers, community groups and the general public within the region. Programmes on offer include safeTALK, Applied Suicide Intervention Skills Training (ASIST) and Understanding Self-Harm. The Suicide 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, via referral form, from a health professional. The team in the office can support other organisations working in the area of mental health and suicide with advice, training and information and signposting to services.

-  Wed 10 Oct
-  10:00 am
-  Killkenny Cafe, Market Cross



Connecting For Life

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WORKSHOP - FIVE WAYS TO WELLNESS

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 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. The Recovery College 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.

-  Wed 10 Oct
-  10.30 am - 1.00 pm
-  Recovery College South East,
Greenshill, Kilkenny City
- www.recoverycollegesoutheast.com



POETRY & ACOUSTIC MUSIC @ THE INVOLVEMENT CENTRE

The Involvement Centre is a peer led drop-in facility to support your mental health and promote wellness. It is based in a house in Collier's Lane (just off High St.). The centre is supported by the HSE, but is run entirely by volunteers. 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 - no referral is needed. The centre is open every Thursday from 2pm to 4pm and every Saturday 11am to 2pm.

- 📅 Wed 10 Oct
- 🕒 12.00 pm - 5.00 pm
- 📍 The Involvement Centre,
Colliers Lane, Kilkenny



TALK - MOOD FOOD

Green Bird Nutrition is owned by Jenny White who is currently studying a Master of Science Degree in Advanced Nutrition (Research & Practice). Green Birds aim is to support the whole person (physical, mental, genetic, emotional and spiritual) to achieve optimum health and vitality. Their philosophy is that there is no dietary approach which suits everybody, rather nutritional recommendations tailored to the individual.

- 📅 Wed 10 Oct
- 🕒 2.30 pm
- 📍 Kilkenny Cafe, Market Cross
- 🌐 www.greenbirdnutrition.ie



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BOOK LAUNCH - JOSIE FUNCHION'S 'HOPE'

Josie Funchion's book 'Hope' tells the reader of her life journey from childhood where from an early age she cared for her parents. She recounts her illness and battle with mental ill-health and details how GROW led her on the road to recovery. It is a story of life's hardship but ultimately it is about hope.

- 📅 Wed 10 Oct
- 🕒 7:30 pm
- 📍 Langtons, John Street,
Kilkenny



SEMINAR - WELLNESS IN THE WORKPLACE: 'LIVING WELL, STAYING WELL'

'Living Well, Staying Well' will focus on why we can struggle to support ourselves for positive mental health. It will highlight how social, cultural and gendered messages can influence our lives and have implications for living well in the world. It will highlight both the signs and symptoms of stress and ways of possibly reducing stress and bring us into connection, purpose and meaning for sustaining health and wellbeing. Claire Howlin from KCASES will talk about an Occupational Recovery Plan for employees and employers and their staff to have a conversation around longterm illnesses and establishing the facts and expectations for both parties.

The National Men's Health Programme (NMHP) at the Men's Development Network works nationally facilitating training and workshops for and with frontline service providers. From its foundation those working within the **Men's Development Network**, have been acutely aware that physical and mental health are key issues. The NMHP has incrementally focused on informing policy development and practice for engaging and supporting men. This has been achieved through key initiatives and a partnerships approach to the work. Lorcan Brennan has been the coordinator of The National Men's Health Programme at the Men's Development Network (MDN) based in Waterford for the past 15 years. Website: <http://www.menshealthireland.ie>

KCASES: Kilkenny Carlow Area Supported Employability Service is a free and confidential service available to employers, employees and jobseekers. As part of its remit KCASES assists employers to retain staff who acquire an illness or condition that affects their ability to carry out their job fully.

This is a FREE event but please book your place by email at lifelinkkilkenny@gmail.com

📅 Wed 10 Oct
🕒 5.30 pm
📍 Pembroke Hotel,
Patrick St, Kilkenny City



KCASES

Kilkenny/Carlow Area
Supported Employment Service

Sponsored by:



Oifig Fiontair Áitiúil
Local Enterprise Office

THURSDAY 11TH OCTOBER

‘TRAVELLERS TELLING THEIR STORY’

‘Travellers telling their story’....come along and join in by sharing your memories, stories and songs from days gone by that celebrate Traveller culture.

- 📅 Thurs 11 Oct
- 🕒 10.30 am
- 📍 Closed Event

1ST - 19TH OCTOBER

UNDERSTANDING AND SUPPORTING FAMILIES (MERIDEN FAMILY PROGRAM).

Recovery College South East & Family Carers Ireland

This course is about information sharing, coping strategies and support for anyone who supports a person with a mental health or addiction challenge. It is delivered by trained facilitators with experience as family members and as service providers. Starting on 1st October and ending 19th November, this is a seven week course taking place on Monday evenings. The course is FREE to attend but booking is essential as places are limited. Contact the Recovery College South East, Greenshills, Kilkenny, 056 7703666.

- 📅 1 Oct to 19 Nov
Monday evenings
 - 🕒 7.00 pm - 9.00 pm
 - 📍 Recovery College South East,
Greenshill, Kilkenny
- www.recoverycollegesoutheast.com



DAY	EVENT
Wed 3 Oct	Talk - Physical Exercise & Your Mental Health
Wed 3 Oct	Coffee Morning
Wed 3 Oct	Talk - Giving Light & Hope
Wed 3 Oct	Dinner Dance for Over 21's
Wed 3 Oct	Talk: Physical Exercise & Your Mental Health
Wed 3 Oct	Workshop - Mindful Movement
Wed 3 Oct	Spirituality in the 21st Century
Thu 4 Oct	Yoga for All with Marian Dolan
Thu 4 Oct	Family Carers Ireland Information Stand
Thu 4 Oct	Workshop - Music for Mood
Thu 4 Oct	Coffee Morning & Talk with Peter Byrne: Lead Actor in feature film 'This Day'
Thu 4 Oct	Talk - Physical Exercise & Your Mental Health
Thu 4 Oct	Talk- Minding Your Mental Health
Thu 4 Oct	A Craic'ng Panel: Positive Mental Health Event for Young People.
Thu 4 Oct	Open Door
Thu 4 Oct	Workshop: Food for Mood
Thu 4 Oct	Soulful Spirit Choir
Fri 5 Oct	Talk - Giving Light and Hope
Fri 5 Oct	Talk- Minding Your Mental Health
Fri 5 Oct	Talk - 'S.H.U.S.H - Exploring coping and supporting skills'
Fri 5 Oct	A Craic'ng Panel: Positive Mental Health event for young people.
Fri 5 Oct	Talk - Caring for the Carers
Fri 5 Oct	Zen Den Café
Sat 6 Oct	Wellness Morning
Sat 6 Oct	Talk: An Introduction to Relax Kids
Sat 6 Oct	Talk - Giving Light & Hope
Sat 6 Oct	Craic'd at Market Cross - Jazz trio The Speakeasies and Open Performance Session for all
Sat 6 Oct	Talk - Nurturing Resilient Children
Sat 6 Oct	Feet on the Street
Sat 6 Oct	Head Hackers: Coping with Anxiety for Young People
Sat 6 Oct	Zen Den Café
Sun 7 Oct	A Craic'ng Good day - Free Family Fun Day!
Sun 7 Oct	Launch of Kilkenny Local Mental Health Forum
Mon 8 Oct	Talk - Grieving and Recovery
Mon 8 Oct	Walk Towards Mental Health
Tue 9 Oct	Talk - Introduction to The Recovery College South East
Tue 9 Oct	Talk - 'The Determinants of Being Well - with songs from The High Hopes Choir
Wed 10 Oct	Talk - 'The Little Things' with Leighann Ryan-Culleton
Wed 10 Oct	Workshop - Five Ways to Wellness
Wed 10 Oct	Poetry & Acoustic Music @ The Involvement Centre
Wed 10 Oct	Talk - Mood Food
Wed 10 Oct	Seminar - Wellness in the Workplace: 'Living Well, Staying Well'
Wed 10 Oct	Book Launch - Josie Funchion's 'Hope'
1 Oct - 19 Nov	Understanding and Supporting Families (Meriden Family Program). - Monday evenings
Thurs 11 Oct	'Travellers telling their story'

	TIME	VENUE
	10:00 am	Kilkenny Cafe, Market Cross
	11:00 am	Springhill Clinic, Waterford Road, Kilkenny
	11:00 am	Graigenamanagh Library
	2:00 pm	Hotel Kilkenny, College Road, Kilkenny
	2:30 pm	Thomastown Library
	2.30 pm	Kilkenny Cafe, Market Cross
	7.30 pm	Ormonde Hotel, Ormonde Street, Kilkenny
	10:00 am	Kilkenny Cafe, Market Cross
	10:00 am	Market Cross
	10.30 am - 1.00 pm	Recovery College South East, Greenshill, Kilkenny City
	10.30 am	Teac Tom, Ormonde Road, Kilkenny
	11:00 am	Callan Library
	11:00 am	Ferrybank Library
	2.00 pm - 4.00 pm	Parish Hall, Mooncoin, Co. Kilkenny
	6.30 pm to 8.30 pm	Ossory Youth, New Street, Kilkenny
	7 pm - 9.00 pm	Recovery College South East, Greenshill, Kilkenny City
	7.30 pm	Macdonagh Junction, Kilkenny
	10:00 am	Kilkenny Cafe, Market Cross
	11:00 am	Urlingford Library
	11:00 am	Thomastown Library
	2.00 pm to 4.00 pm	Community Hall, Ballyragget, Co. Kilkenny
	2.30 pm	Kilkenny Cafe, Market Cross
	4.00 pm - 6.00 pm	The Drum Youth Centre, Mcdonagh Junction Shopping Centre
	9.30 am to 12.00 pm	St Canice's Neighbourhood Hall, Butt's Green, Kilkenny
	11:00 am	Kilkenny Cafe, Market Cross
	11:00 am	Urlingford Library
	12.00 pm - 4.00 pm	Market Cross
	2.30 pm	Kilkenny Cafe, Market Cross
	2.00 pm - 5.00 pm	The Parade, Kilkenny City
	3.00pm to 4.30 pm	Ossory Youth, New Street, Kilkenny
	3.00 - 5.00 pm	The Drum Youth Cafe, The Drum Youth Centre, Mcdonagh Junction Shopping Centre
	1.00 pm to 5.00 pm	Auxiliary Hospital, Wolfe Tone Street, Kilkenny City
	5.30 pm	Auxiliary Hospital, Wolfe Tone Street, Kilkenny City
	10:00 am	Kilkenny Cafe, Market Cross
	7:00 pm	Canal Square At The 'Hurlers Statue'
	10:00 am	Kilkenny Café, Market Cross
	3:00 pm	Ferrybank Library
	10:00 am	Kilkenny Cafe, Market Cross
	10.30 am - 1.00 pm	Recovery College South East, Greenshill, Kilkenny City
	12.00 pm - 5.00 pm	The Involvement Centre, Colliers Lane, Kilkenny
	2.30 pm	Kilkenny Cafe, Market Cross
	5.30 pm	Pembroke Hotel, Patrick St, Kilkenny City
	7:30 pm	Langtons, John Street, Kilkenny
	7.00 pm - 9.00 pm	Recovery College South East, Greenshill, Kilkenny
	10.30 am	Closed Event

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Our Community - Our Positive Mental Health

www.craicd.com