



Teac Tom would like to invite everyone to participate in their annual 'Giving Light & Hope Walk' which will be held on 22nd September in Kilkenny and 23rd September in Laois.

Teac Tom is part of The Thomas Hayes Trust CLG, a community and voluntary registered charity with branches in Kilkenny and Laois. They provide free and immediate counselling, education and a drop in support. So far this year Teac Tom has provided free support to over 250 individuals and families.

This year Teac Tom are hoping to bring the whole community of the South East together in a bid to raise awareness around the issue of suicide and most importantly that there is help out there for anyone of any age suffering with poor mental health.

The help they provide would not be possible without the support from the community, so please join them in September to spread light and hope to those suffering in silence.

Thukolo Gospel Choir and the High Hopes choir will be there on the night. They are delighted to have Eimear Ní Bhraonáin from KCLR as MC for the evening.

Register in advance for the walk @
<http://www.thethomashayestrust.com/tickets/giving-light-hope-walk>

Registration, online or on the day, is €10.00 per person. There is no charge for children age 15 and under! Sponsor cards are available if any person/club would like to raise additional funds.

To arrange your card contact Angela on 087-6566377.

This year's walk is being promoted by Ryan Tubridy and across all social media platforms. Teac Tom would love if as many clubs wore their club colours to show support for this vital community service.