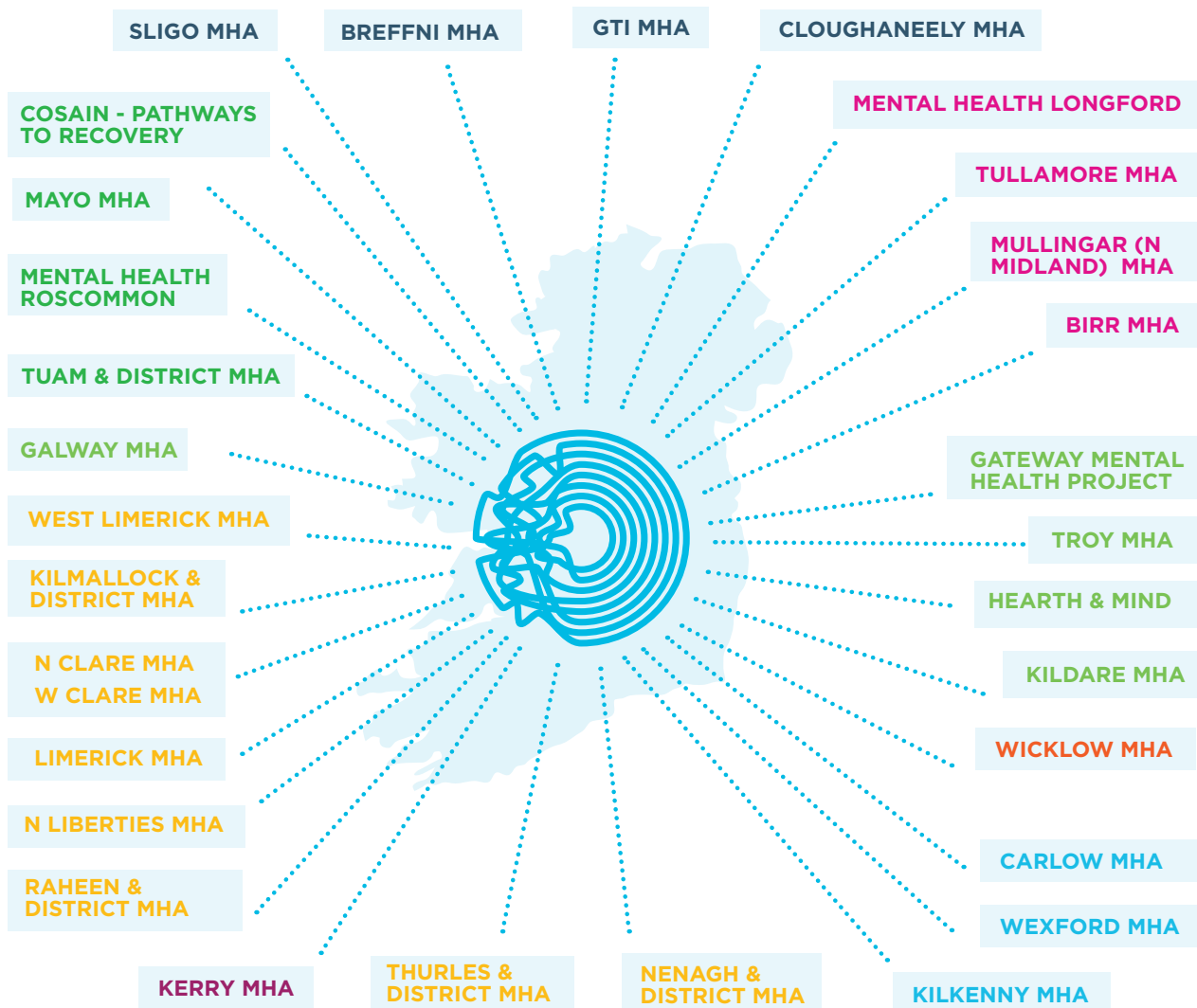




# Mental Health Month

This October...

Find out what our Mental  
Health Associations are doing!





**Mental Health  
Month**

This digital brochure showcases the programme of events and activities rolled out by a collection of our Member Organisations around the country to celebrate **Mental Health Month** this October.



To find out more about the MHA in your area, get in touch:  
[info@mentalhealthireland.ie](mailto:info@mentalhealthireland.ie)

For more information on  
Mental Health Month, visit:

<https://bit.ly/MentalHealthMonth24>





**GALWAY**  
**Mental Health**  
**Association**



**Mental Health**  
**Month**

E: [galwaymha@gmail.com](mailto:galwaymha@gmail.com)

T: 087 993 8984

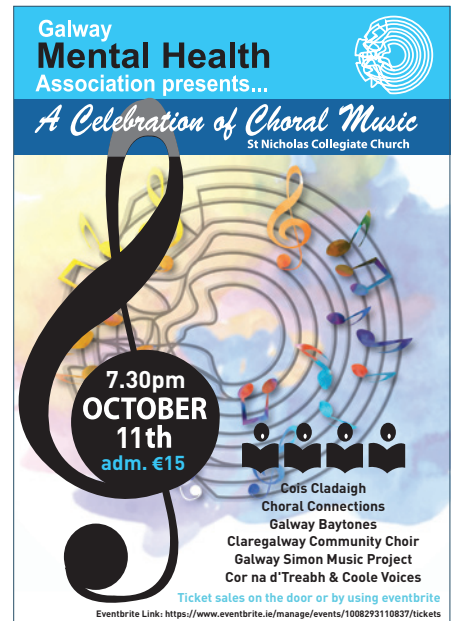
Galway Mental Health Association is a voluntary organisation that strives to support individual's experiencing mental health difficulties on their journey of recovery and aims to promote positive mental health and wellbeing.

**October 11th, 7.30pm**

## A Celebration of Choral Music

### Saint Nicholas' Collegiate Church

Join Galway MHA at Saint Nicholas' Collegiate Church for an unforgettable evening filled with beautiful melodies and harmonies. This event will showcase talented choirs from near and far, coming together to create a magical musical experience. Don't miss this opportunity to immerse yourself in the enchanting world of choral music. Grab your friends and family and come celebrate the power of music!



**Mental Health**  
**Month**

E: [thriveconnemara@mentalhealthireland.ie](mailto:thriveconnemara@mentalhealthireland.ie)

[www.mentalhealthireland.ie/thrive](http://www.mentalhealthireland.ie/thrive)

**Thrive Connemara**

Thrive Connemara has been established in 2024 by Mental Health Ireland. The aim of this community-led movement is to create happier and healthier communities by bringing people, organisations and service providers together to promote mental health and wellbeing through activities that benefit the local community.

Connemara is the third location in Ireland where Thrive was introduced.

Thrive Connemara plans different events and projects focused on mental health and well-being which will be implemented in the coming months in the area of Connemara.



**MAYO**  
**Mental Health**  
**Association**



**Mental Health**  
Month

E: [admin@mayomha.ie](mailto:admin@mayomha.ie)

T: 094 903 8148

[www.mayomha.ie](http://www.mayomha.ie)

October 10th, 8am-12pm

## Coffee Morning

**The Creel Coffee Shop, Castlebar**

This year Mayo MHA are partnering with The Creel Castlebar to host our coffee morning with proceeds going to Mayo Mental Health Association.

Make sure to drop in, grab a coffee and have a chat – there may be a few familiar faces there too.

Mayo Mental Health Association is a non-profit organisation with offices based in Castlebar and Ballina, Co. Mayo. The main aim of Mayo MHA is to promote positive mental health & wellbeing for people of all ages within the community of Mayo. This is achieved through their four-pillar approach where they focus on promoting, supporting and educating people where possible. The four pillars include: Information Centres, Schools Education Programmes, Health Promotion (in the wider community) and Social Housing.



# Tuam District MHA



**TDMHA**  
Tuam & District Mental Health Association



**Mental Health Month**

E: [tuammha@mentalhealthireland.ie](mailto:tuammha@mentalhealthireland.ie)  
T: 093 24371

October 10th, 10.30am

## 5,000 Steps to Wellbeing

**Starting at The Square, Tuam**

The walk takes place on the outskirts of Tuam, finishing in the beautiful Palace Grounds. The purpose of the walk is to get people active, enjoying the open air and engaging with each other. TDMHA will distribute a short handout to all participants on the Five Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning and Give.

TDMHA aims to promote good mental health and wellbeing. We give support to those with mental health issues. We are not a service provider but provide information on local services and general literature on mental health. We run a number of events to promote mental health awareness. We organise networking events focused on the promotion of mental health and wellbeing. TDMHA also manages a community employment scheme for 50 participants returning to work who gain up to date work experience and training. All of the participants work with local sports groups, community and voluntary groups.

October 24th, 8pm

## Quiz Night

**Rustics Bar, Tuam**

The Quiz Night is a fundraiser for TDMHA. There will be teams of four with 10 rounds and a cash prize for the winning team. Loads of prizes to be won & a fun night's entertainment.

Mental Health Ireland

**5,000 STEPS**  
TO WELLBEING WALK

THURSDAY  
**Oct. 10th**

Starting 10.30am at

**TDMHA**  
Tuam & District Mental Health Association

from The Square, Tuam

CONNECT BE ACTIVE TAKE NOTICE KEEP LEARNING GIVE

**TDMHA**  
Tuam & District Mental Health Association  
093 24371

**TABLE QUIZ**

THURSDAY  
**Oct. 24th**

ALL WELCOME  
TABLE OF 4 - €40

8pm

**RUSTICS BAR**  
TUAM

RAFFLE & SPOT PRIZES ON THE NIGHT



**CARLOW**  
Mental Health  
Association



**Mental Health**  
Month

E: [carlowmentalhealth@hotmail.com](mailto:carlowmentalhealth@hotmail.com)

T: 085 818 1353

[www.carlowmentalhealth.ie](http://www.carlowmentalhealth.ie)

Carlow Mental Health Association's October Mensana Programme 2024 Theme is:  
'Making Connections and Reduce Loneliness'

**October 5th**

## Carlow Town Park Run

9.30am: Starts at the Barrow Track (opposite Carlow Town Park)

## Information Stand

12-2pm at Penneys, Carlow

**October 10th**

## UNUM Annual Health & Wellbeing Talk

Please note - this event is not open to the public.

Invitation to meet with staff of UNUM - local business to talk to them about positive mental health and wellbeing - a UNUM annual event.

## Carlow PPN Expo Event

The Lord Bagenal, 4.30-7.30pm

CMHA invited to attend - Info stand and Panel session

CMHA was formed in February 2010 by volunteers with an interest in promoting positive mental health in Carlow. The aim of Carlow Mental Health Association is to encourage all in our community to think about their mental health and wellbeing in the same way as we think about our physical health, and to provide signposting to those who endeavour to maintain wellness or who are facing challenges.

## Rambling House @ New Oak Centre

New Oak Centre, 8-10.30pm

A selection of musicians / singers / story tellers in central venue to bring people together and highlight benefits of social connections for positive mental health. Information Stand and Yellow Tee Shirts available on the night to mingle and chat with people. No alcohol venue so Teas / Coffee available.

**October 11th**

## Historical Walk around Carlow Town

4.30pm start at the front entrance to Visual.

Historical Walk with Padraig Doole of Carlow Historical Society. Finish at An Gardín Beo after 6pm, where refreshments will be served.

## Connecting with Self Mary Claire Harte

7.30-8.30pm, An Gardín Beo

Refreshments and a chat afterwards.



October 12th

## Information Stand

11am-1pm: Fairgreen Shopping Centre

## Darts Tournament

3.30-8pm, Dicey Reilly's,  
The Quays, Carlow

with CMHA committee members in attendance to mix with attendees and have info stand available. CMHA beer mats supplied to venue prior to event. CMHA to sponsor prizes.

October 13th

## Community Groups Gathering

2-4pm, The Exchange, Potato Market,  
Carlow

An expo type event with local societies, clubs and groups. Local groups / clubs invited to attend with their own promotional materials and produce to engage with public. The aim is to showcase what groups are available across Co Carlow to encourage people who may be socially isolated to join and become involved with a social group.





**KILDARE**  
**Mental Health**  
**Association**



**Mental Health**  
**Month**

E: [Sandra.Fox@mu.ie](mailto:Sandra.Fox@mu.ie)

T: 086 158 3048

**Throughout October**

## Employee Awareness Raising Workshops

Research shows there are simple things we can do as part of our daily life to protect our mental health. Connecting is one of the ways we can do this. The goal of our Connect Café is to open up conversations about how we connect, strengthening the connection with ourselves, with others and with our community.

For more information, get in touch with Sandra at [sandra.fox@mu.ie](mailto:sandra.fox@mu.ie)

**October 6th, 10am-3pm**

## Kildare MHA attend 'DAD FEST'

hosted by Leixlip Youth Services

**Leixlip Youth and Community Centre**  
'Dad Fest' is a fun-filled, family-oriented event, aimed at bringing dads, grandads, uncles, and children together for a day of activities, connection, and learning. The focus will be on creating a supportive environment for families to engage, relax, and enjoy various interactive sessions.

Kildare MHA are a volunteer-led Association. We currently operate with approx. 19 volunteers, some of whom have lived experience of a Mental Health diagnosis. Our works spans across all ages ranges.

Within the parameters of Kildare, we seek to offer and provide Advice, Education, Informal support and sign posting to others including employers on Mental Health & Wellbeing. We aim also to reduce stigma, promote inclusivity and encourage free discussion around mental illness and mental wellness.

**October 10th, 11am-2pm**

## October Fest

### Naas Hospital

Kildare MHA will raise awareness of our Kildare MHA's work and to increase Mental Health awareness and engagement. Kildare MHA will have a pop up with local groups across the sector to showcase their services to the public.

There will be a beautiful choir... and Kildare MHA will also provide care packs for those who are staying in Lakeview Unit (with their input).

**KILDARE**  
**Mental Health**  
**Association**

**Mental Health Ireland**  
**World**  
**Mental Health**  
**Month**  
**2024**

**Connect**  
**Café**

This World Mental Health Month, join Kildare Mental Health Association in celebrating World Mental health Day on Thursday 10th October in Naas Hospital foyer

Take time to connect, have a cup of tea, and find out more about other organisations promoting mental health in your area.

**Naas Hospital Foyer**

Thursday | 10th October | 11am-2pm

The Healthy Ireland Fund supported by the Department of Health.

An Roinn Sláinte DEPARTMENT OF HEALTH | hi | Kildare | LCDC | pobal





E: [mullingarmha@mentalhealthireland.ie](mailto:mullingarmha@mentalhealthireland.ie)

T: 087 280 3947

October 7th, 10am-1pm

## Creativity for Wellbeing Connect Café

**Cara Phort Family Resource Centre,  
Ballynacargy, Co. Westmeath**

In partnership with Mullingar Mental Health Association, Finola Colgan, Development Officer, Mental Health Ireland will facilitate two workshops introducing the Creativity

for Wellbeing workbook by Mental Health Ireland to participants. The Creativity for Wellbeing workbook uses creative tools to support participants on their personal journey of self-discovery and wellbeing, harnessing their creativity to guide them to reach their goals.



October 10th, 5.30pm

## Our Vision Our Voice

**The Atrium, Westmeath County Council  
Buildings, Mullingar**

“It’s Never Just Black or White,” life is full of nuances and shades of grey. Whether it’s making decisions, understanding people or interpreting life events, things do not always just fit into the one box or the other. “It’s Never Just Black or White,” is the 2024 theme of OUR VISION OUR VOICE, a partnership project funded by Westmeath Arts/Creative

Mullingar MHA was formed in 1967. MMHA activities include community health promotion including Five Ways to Wellbeing and Hello, How Are You campaign, as well as information sharing, signposting support and helplines, organising and supporting wellbeing, recovery and social integration programmes for mental health service users.

Ireland and Mullingar MHA. Now in its 9th year, the project is facilitated by Rosaleen Heavin, Art Therapist, with participants from the local Mental Health Services in Athlone and Mullingar attending the programme from May to October. Rosaleen encouraged participants to start with black and white art, explore various techniques and materials such as pencil drawing, shading and acrylic painting. This approach guided them to become more comfortable with the various art forms as a medium of expression and to understand the connection between colour and mood, gradually incorporating colour into their works. An exhibition showcasing two pieces from each of the 24

participants will be held at The Atrium, Westmeath County Council Buildings, Mullingar, from 7th to 18th October 2024. The official opening will take place on 10th October 2024.





E: [wmhaoperationsmanager@mentalhealthireland.ie](mailto:wmhaoperationsmanager@mentalhealthireland.ie)

T: 087 468 0092

Throughout October

## Nearby Nature Trail

As part of a previous project 'Nearby Nature, Wexford MHA have identified nature walks in Enniscorthy in Vinegar Hill, Promenade Walk, Borodale Woods, Peace Park and green Space by the Swimming Pool. They plan to hold a walk during October to visit these spots, which are now signposted, to highlight how are green spaces can improve our mental health and wellbeing.

October 3rd, 11am-12.30pm

## Cuppa & Chat celebrating Mental Health and Wellbeing

Wexford MHA is hosting a wellbeing Cuppa & Chat morning where anyone can drop in and have a chat in a relaxed and friendly safe place. Tea, coffee and some nice treats will be provided.

Our aims are to help people who experience mental health difficulties on their journey of recovery and to promote positive mental health to the people of County Wexford.

Launch: October 16th, October 24th, 6pm, & weekends during opera festival

## Creativity Counts

Wexford MHA Training Centre, Henrietta St Wexford MHA invite amateur artists, photographers, poets, sculptors or other creative mediums to exhibit a piece of their work with other like-minded individuals who use creativity to enhance their wellbeing during the Wexford Opera Festival.

**Creativity Counts**  
 EXHIBITION  
 2024

Wexford Mental Health Association are delighted to showcase wonderful Art/ Photography/ Sculpture and Poetry from talented artists across County Wexford throughout Wexford Opera Festival

These artistic pieces are from amateurs who use the above mediums of creativity to promote positive mental health

Our Launch night is on  
 16th October 2024 at 6.00pm

The Exhibition will take place on 19th, 20th, 26th 27th, 28th October and the 2nd of November from 11.00am to 4.00pm

**Please come along and enjoy the Exhibition. Admission Free**

For further information, please contact:  
 Tel: 053 9140610  
 Email: [wexfordmha@mentalhealthireland.ie](mailto:wexfordmha@mentalhealthireland.ie)  
 Monday to Friday 9.30am to 1.30pm  
[www.wexfordmentalhealthassociation.ie](http://www.wexfordmentalhealthassociation.ie)

**WEXFORD**  
**Mental Health**  
**Association**

**WEXFORD**  
**Mental Health**  
**Association**

JOIN US FOR  
 WORLD MENTAL  
 HEALTH MONTH FOR  
 WELL-BEING  
 CUPPA CHAT, &  
 INFORMATION  
 MORNING....

In  
 Wexford Mental Health Association  
 Office, Henrietta St., Wexford town  
 Phone No: 053 9140610

Date: October 3rd 2024  
 11am to 12:30pm



October 24th, 6pm

## Expressions Project

**Presentation Centre, Enniscorthy**

The 'Expressions' Project aims to promote awareness amongst young people of the importance of positive mental health and the causes and effects of mental illness.

The competition will focus on the theme of 'Positive mental health is.....' and applications will be open young people in County Wexford between the ages of 15 and 18 years of age. The idea is that people would express their opinions and views on what they think positive mental health is, by creative writing, artwork, drama, poetry, etc. They will then get the opportunity to present their work to a judging panel followed by a prize giving ceremony.

October 29th, 12-1pm (6 weeks)

## Gentle Yoga Movement Project

**Wexford MHA, Henrietta St, Y35 W406**

Six week program of friendly, fun and gentle movement and yoga, followed by refreshments and chat, for over 55's. Followed by refreshments.



Henrietta Street  
Wexford Y35 W406  
Phone: 053 9140610

Email: [wexfordmha@mentalhealthireland.ie](mailto:wexfordmha@mentalhealthireland.ie)



Friendly, fun & Gentle  
movement, dance and yoga with  
Xixian Brodie Hayes

6 Week Programme

**DATES:** Tuesday 29th October, Tuesday 5th November, Tuesday 12th November, Tuesday 19th August, Tuesday 26th November, & Tuesday 3rd August 2024.

**VENUE:** Wexford MHA Building, Henrietta Street, Wexford, Y35 W406.

**CLASS TIMES:** 12.00pm to 1.00pm followed by refreshments for over 55's

Spaces are limited, please ring Imelda or Helena at 053 9140610 to reserve your place 📞



# EXPRESSIONS

Express what mental health means to you, using any medium you want!

Choose song, dance, spoken word, a play... anything!



**PLAY YOUR PART**  
[mentalhealthireland.ie](http://mentalhealthireland.ie)



E: [thrivebalbriggan@mentalhealthireland.ie](mailto:thrivebalbriggan@mentalhealthireland.ie)

[www.linktr.ee/thrivebalbriggan](http://www.linktr.ee/thrivebalbriggan)

 ThriveBalbriggan  ThriveBB

 ThriveBalbriggan

Thrive Balbriggan's programme for Mental Health Month is called 'Thrive Alive'.

**October 5th, 10am**

## Beach Yoga and Sea Dip

in partnership with Swim Ireland

Balbriggan Beach

**October 10th**

## Service Expo

Bracken Court Hotel, Balbriggan, 10am

## Connect Café

Connect Café for the local community and service providers.

## Workshops

- An introduction to WRAP (Wellness Recovery Action Planning)
- Creativity for Wellbeing Workshop
- Chairobics / chair exercises

## Dr. Colman Noctor Talk

The Lark, 7pm

Dr. Colman Noctor will address the challenge that individuals and communities face in the post-pandemic life such as anxiety, loneliness and disconnection. Dr. Noctor will speak about the importance and value of reconnecting with yourself and your community and will share tips on how to add purpose and meaning to our life.

Established in 2021 the aim of this community-led movement is to create happier and healthier communities by bringing people, organisations and service providers together to promote mental health and wellbeing through activities that benefit the local community. Among Thrive Balbriggan-led initiatives are: projects such as Balbriggan Great Places and Spaces, trainings such as SafeTalk Suicide Alertness Training and Five Ways to Wellbeing as well as different events, for example, Connect Cafés for the local community and events to celebrate Mental Health Month and MHI's Hello, How Are You? national Campaign. Balbriggan, in North County Dublin was the first location in Ireland where Thrive was introduced. Thrive Balbriggan is an initiative of Mental Health Ireland and is supported by Fingal County Council.



Thrive Balbriggan Presents

# thrive ALIVE

World  
Mental Health  
Month

SAT OCTOBER 5TH | THURS OCTOBER 10TH

Talk with Dr Colman Noctor  
Child and Adolescent Psychoanalytical Psychotherapist and  
Author of Cop On and The 4 - 7 Zone

Beach Yoga      safeTALK Training

Chair Aerobics      Sea Swim

Connect Café      Service Expo

Creative connect Café      ShareJoy Pop Up Shop

WRAP Overview

thrive Balbriggan  
Volunteer: In-Land Medium Group Award Winner 2023  
LAWB Award Finalist 2024  
Mental Health Ireland  
@thrivebalbriggan



E: [thriveswords@mentalhealthireland.ie](mailto:thriveswords@mentalhealthireland.ie)  
[www.mentalhealthireland.ie/thrive](http://www.mentalhealthireland.ie/thrive)  
 X @SwordsThrive

October 24th, 11am-1pm

## Five Ways to Wellbeing Workshop

### Carnegie Court Hotel, Swords

To mark World Mental Health Month, Thrive Swords will host a community Five Ways to Wellbeing Workshop facilitated by members of the Thrive Swords group. Five members of the group will present each section of the training which are simple actions to practice each day to maintain or improve mental health and wellbeing specific to community of Swords. For registration details please contact: [thriveswords@mentalhealthireland.ie](mailto:thriveswords@mentalhealthireland.ie)

Organiser: Thrive Swords (supported by MHI & Fingal County Council)

Thrive Swords has been established in 2024 by Mental Health Ireland. The aim of this community-led movement is to create happier and healthier communities by bringing people, organisations and service providers together to promote mental health and wellbeing through activities that benefit the local community.

Thrive Swords activities include coordination of MHI's Hello, How Are You? national Campaign, collaboration with local groups and service providers and planning activities to build an understanding and awareness of mental health and wellbeing in Swords.

Swords was the second location in Ireland where Thrive was introduced. Thrive Swords is an initiative of Mental Health Ireland and is supported by Fingal County Council.



WICKLOW  
**Mental Health  
 Association**

E: [wicklowmentalhealth@gmail.com](mailto:wicklowmentalhealth@gmail.com)  
 T: 086 107 2293

## Golden Years Dance

A social evening with Live Music provided by 'The Wicklow Man' David Bury. Tea Dance & Music. Free Event. For information, contact [wicklowmentalhealth@gmail.com](mailto:wicklowmentalhealth@gmail.com) or visit [www.facebook.com/wicklowmentalhealth](http://www.facebook.com/wicklowmentalhealth)



Wicklow Mental Health Association promotes positive mental health and supports people on their journey of recovery from mental ill-health. Wicklow Mental Health Association's vision is to continue to be the leading provider of mental health promotion activities in Wicklow. Our aim is to develop within our community an understanding of mental health and to foster a culture where people with mental health difficulties are respected & supported.





E: [westclaremha@mentalhealthireland.ie](mailto:westclaremha@mentalhealthireland.ie)

T: 086 604 3473

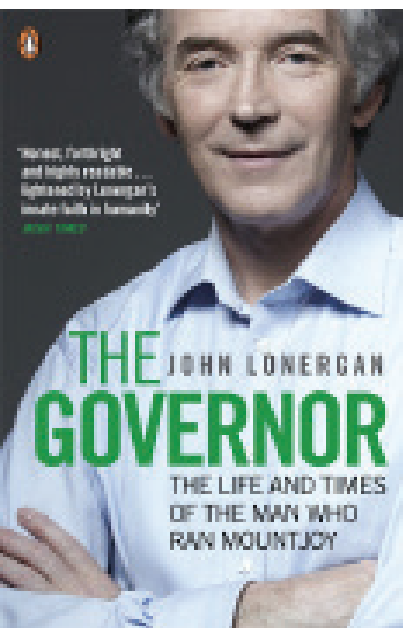
**October 3rd, 7pm (doors 6.30pm)**

## 'Finding Happiness & Contentment in our Lives' by John Loneragan

### Kilrush Community Centre

Irish speaker, author, and former prison governor. Upon his retirement as Governor of Mountjoy Prison John published his autobiography, "The Governor," offering an honest and compelling account of his experiences and the challenges faced within the Irish penal system. The book has

been praised for its candid insights and has contributed significantly to discussions on penal reform in Ireland. In 2013 John authored a second book, "Parenting - Raising Your Child in Ireland Today," which provides practical advice for parents, and supports Barnardos, a children's charity.



West Clare Mental Health Association was established in 1975. We aim to promote positive mental health and wellbeing for all individuals in our community and to support people with lived experience of mental health difficulties on their recovery journey through peer-led engagement and activities and to provide support for their families and friends.

**October 4th, 11.30am**

## Laughter Yoga with Ciaran Ennis

### Kilrush Community Centre

Ciaran Ennis established the 'Ennis Laughter Social Club'. Ciaran will be facilitating Laughter Yoga to share the benefits, such as stress reduction, immune system boost, the release of endorphins and feeling of positivity.



**October 5th, 11.30am**

## Soundbathing with Fiona Guiheen

### Vandeleur Woods Café (upstairs)

Join West Clare MHA for 90 minutes of pure tranquillity as Fiona guides you through a soothing Soundbath meditation. No experience needed - just bring a yoga mat or blanket and a pillow to get cosy.





October 6th, 2pm

## Problem Solving 'My Plan' with Breda Latham

**Banner Books, Kilrush**

With over 30 years experience as a Community Mental Health Nurse, Breda, has a wealth of experience in this area, and is delighted to share with you some of the best ways to deal with problems as and when they arise.



October 8th, 11am

## Woodland for Wellbeing Walk

**Vandeleur Woods, Kilrush upper car park**

Join a walk through Vandeleur woods and listen to the benefits it can bring to your wellbeing from the MHA's regular walkers!



October 10th, 11am

## Farm Walk and Breakfast on World Mental Health Day

**Curtin's Farm, Lacken, Kilmihil, V15 E197**

Take a guided walk with Edel through her family's farm in Lackan followed by a hot cup of Tea and a sambo.





**NORTH CLARE**  
**Mental Health**  
**Association**



**Mental Health**  
Month

E: [northclaremha@mentalhealthireland.ie](mailto:northclaremha@mentalhealthireland.ie)

We are a mental health charity based in North Clare. We promote and support positive mental health in the region through events, education, and training programs.

October 13th, 12-4pm

## Family Fun Day

### Lahinch Leisure Centre

A fun filled day for families and friends at Lahinch Leisure Centre including local musicians, activities for children, raffle on the day with great prizes. It will include an information stand with mental health information and leaflets.



**NORTH CLARE**  
**MENTAL HEALTH ASSOCIATION**  
Are holding a fun day for World Mental health week



**A fun filled day for families and friends at Lahinch Leisure Centre October 13th 12pm to 4pm**

**Local musicians**

Activities for children

Raffle on the day with great prizes

**Information stand with tools for coping with mental health issues**





E: [info@limerickmentalhealth.ie](mailto:info@limerickmentalhealth.ie)

T: 061 446 786

[www.limerickmentalhealth.ie](http://www.limerickmentalhealth.ie)

Limerick Mental Health Week is from 7th-13th October, and aims to promote positive mental health across the community of Limerick City and county through free public events, talks, exhibitions and workshops.

### Sunday 6th October

#### Limerick Mental Health Week Family Day

2:30 - 5:00 pm, Life Centre Henry Street, V94 525K

Live Music, Face Painting, Family Fun, Tea & Coffee, information Stands & more...

### Monday 7th October

#### Community Connection Compassion Art Exhibition

10:00 - 5:00 pm, The Hunt Museum, V94 EV8A

#### LMHA Creative Writing Class

10:00 - 12:00 pm, LMHA, 3 Sexton Street, V94 Y521

#### LSAD Mental Health Fair

10:30 - 2:00 pm, TUS Clare Street Campus, V94 KX22

#### LMHA Monday Movers Walking History Tour

1:00 - 2:30 pm, Arthurs Quay Park, Limerick

#### Mindful Monday with Majella: TUS

1:00 - 1:20 pm, TUS Moylish Campus, V94 EC5T

#### Mindful Monday with Niamh: TUS

1:00 - 1:20 pm, TUS Clare Street Campus, V94 KX22

#### Freemasons Masonic Lodge Open Day

2:00 - 4:00 pm, Castle Street, King's Island, V94 V2H7

#### Treaty Brewery Public Tour

3:00 - 4:00 pm, Nicholas St, Medieval Quarter, V94 EH57

#### ONLINE Using CBT to Build Community, Connection &

Compassion: Dr Nicola Culloty

7:00 - 8:00 pm (Online Booking)

Limerick MHA raises awareness, reduce stigma and promote positive mental health through a variety of programmes and initiatives. Today, LMHA continues to serve as a vital resource for individuals and families seeking support and guidance on their mental health journey.

### Tuesday 8th October

#### Community Connection Compassion Art Exhibition

10:00 - 5:00 pm, The Hunt Museum, V94 EV8A

#### TUS Moylish Campus Mental Health Fair

10:30 - 2:00 pm, TUS Moylish, V94 EC5T

#### Willowdale Community Day Hospital Open Day:

**EmployAbility** 9:30 - 2:00 pm, Willowdale Community

Health Centre, Gouldavoher, Limerick

#### Newcastle West Parents & Toddlers Storytime

11:00 - 12:00 pm, Newcastle West Library, Gortboy Road

#### Sound Baths with Michelle: Body Tree

1:00 - 2:00 pm, The Hunt Museum, V94 EV8A

#### Job Quest Bingo - Unlock Your Future: EmployAbility

2:00 - 3:30 pm, 5 Mallow St, Prior's-Land, V94 X253

#### Movement For Your Mind: Dance Limerick

3:30 - 4:30 pm, Friars Gate Theatre, Kilmallock

#### ONLINE Self Care, Building My Resilience: Mid West Aries

2:00 - 4:00 pm (Online Booking)

#### Limerick Georgian Quarter Walking Tour: Limerick Civic

Trust 3:00 - 4:00 pm, People's Museum, V94 HF53

#### ONLINE Living in the Present: Harnessing Mindfulness

for Anxiety & Mood Improvement: ICHAS

6:00 - 7:00 pm (Online Booking)

#### Managing Workplace Stress & Building Resilience:

Elite Talent Hub 6:00 - 7:00 pm, Limerick City Library

#### ONLINE Neurodiversity Awareness & Compassion in the

Workplace: Dr Aine O'Dea 7:30 - 8:30 pm (Online Booking)



## Wednesday 9<sup>th</sup> October

**The Wellness Learning Journey: Limerick Learning Network** 9:30 - 12:00 pm, Moyross Community Hub, Enterprise Centre (*Online Booking*)

**Community Connection Compassion Art Exhibition** 10:00 - 5:00 pm, The Hunt Museum, V94 EV8A

**Tools to Help Us Manage Stress & Day-to-Day Pressures: Kiltleely Women's Group** 10:00 - 11:30 am, Cill Bhríde Centre, Kiltleely

**Limerick City Parent & Toddler Storytime** (*Online Booking*) 10:30 - 11:30 am, Limerick City Library, V94 RF63

**Bracelet Making on The 'Street'** 11:00 - 2:00 pm, TUS Moylish Campus, V94 EC5T

**Wellness Morning in NOVAS** 11:00 - 1:00 pm, NOVAS, O'Connell St, V94 XN51

**Mental Health & Addiction Talk: DEPS** 12:00 - 2:00 pm, Istabraq Hall, V94 EH90

**Massage, Reflexology, Indian Head Massage: Body Tree** 2:30 - 4:00 pm, Limerick City Library, V94 RF63

**Let's Chat About Mental Health & How Grow Can Support You?** 2:00 - 4:00 pm, 33 Henry Street, V94 D9X7

**Movement for your Mind (East Limerick) Final Performance: Dance Limerick** 6:00 pm, Friars Gate Theatre Kilmallock

## Thursday 10<sup>th</sup> October

**Community Connection Compassion Art Exhibition** 10:00 - 5:00 pm, The Hunt Museum, V94 EV8A

**Adare Parent & Toddler Storytime** 10:00 - 12:30 pm, Adare Library, Main St, Blackabbey

**Tools to Help Us Manage Stress & Day-to-Day Pressures: Kiltleely Women's Group** 10:00 - 11:30 am, Cill Bhríde Centre, Kiltleely

**Family Recovery in Mental Health Workshop: Mid West Aries** (*Online Booking*) 10:30 - 1:00 pm, Shannon Family Resource Centre

**Watch House Cross Storytime** 4:00 - 5:00 pm, Watch House Cross Library, Moyross

**Movement For Your Mind Workshop: Dance Limerick** 6:00 - 7:00 pm, Convent Road Abbeyfeale

**Community Nutritional Workshop: Body Tree** 2:30 - 4:00 pm, ETB, O'Connell Avenue Campus

**Movement For Your Mind Workshop: Dance Limerick** 7:30 - 8:30 pm, Desmond Complex, Newcastlewest

**Auricular Acupuncture For De-Stress & De-Tox: Body Tree** 11:00 - 12:00 pm, Limerick City Library

## Friday 11<sup>th</sup> October

**Dance to Support Your Mental Health: Dance Limerick** 9:30 - 11:00 am, Daghdha Dance Studio, V94 EP92

**Community Connection Compassion Art Exhibition** 10:00-5:00 pm, The Hunt Museum, V94 EV8A

**Watch House Cross Parent & Toddler Storytime** 10:30 - 12:00 pm, Watch House Cross Library

**Intergenerational Social Dance Afternoon** 4:00 - 6:00 pm, Garryowen Community Band Hall

**Indian Head Massage & Hand Reflexology: Body Tree** 2:30 - 4:00 pm, Limerick City Library, V94 RF63

**ONLINE Mindfulness Class For Parents of ADHD Children: ADHD Ireland** 10:00 - 11:00 am (*Online Booking*)

**Lunchtime Yoga With Lisa: TUS** 12:00 pm, TUS Moylish Campus

**Being Human in The Digital: Julie Pilcac, The Digital Human** 12:00 - 1:30 pm, LMHA, 3 Sexton Street, V94 Y521

**Annual Limerick Choral Union Concert in St Johns Cathedral** 7:30 - 9:15 pm, Cathedral Place, V94 H521

**How To Stop Stressing Out About Your To-Do List: Dr Aine O'Dea** 2:30 - 3:30 pm, LMHA 3 Sexton Street

## Saturday 12<sup>th</sup> October

**Community Connection Compassion Art Exhibition** 10:00 - 5:00 pm, The Hunt Museum, V94 EV8A

**Dooradoyle Parent and Toddlers Storytime** 10:30 - 11:30 am, Dooradoyle Library, V94 AP03

**Movement for your Mind (West Limerick) Final Performance: Dance Limerick** 3:00 - 5:00 pm, Newcastle West Community Centre

**Limerick Support Services Information Day** 12:00 - 4:00 pm (*Scan the QR code on the front of poster*)

## Sunday 13<sup>th</sup> October

**Community Connection Compassion Art Exhibition** 10:00 - 5:00 pm, The Hunt Museum, V94 EV8A

**LMHA Family Friendly & Dog Social Morning** 10:00 - 1:30 pm, The Milk Market

**Community Choir Performances in Milk Market** 11:30 - 1:30 pm, The Milk Market

**Movement For Your Mind, Final Mental Health Week Performance: Dance Limerick** 12:00 pm, Daghdha Dance Studio, V94 EP92

**Family Movie Night at Wickham Way, Showing: 'Turning Red' (PG)** 5:00 - 7:30 pm, Wickham Way, V94 WR8N





The recently established Perinatal Mental Health Association works to benefit the community and especially those with mental health difficulties in the Perinatal Period (pregnancy and the first postpartum year) throughout the Mid-West area, through the promotion of mental health. We aim to promote the general welfare of people with mental health difficulties in the Perinatal period, supporting people with Perinatal mental health difficulties and/or their families and carers. Finally, we aim to promote positive mental health and wellbeing in the Perinatal Period by the provision of information and by advocating on behalf of people with mental health difficulties and/or their families and carers.

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**October 7th, 8.30am-1.30pm**

## Information Stand

### **Reception of University Maternity Hospital Limerick**

Perinatal Mental Health Association will host an information stand in University Maternity Hospital in Limerick. On the day members of the Perinatal Mental Health Association will speak to women in the hospital about promoting mental wellbeing during this unique time of transition to motherhood.

The Perinatal MHA will provide lots of resources including the Perinatal Self Care Workbook, information on how to stay connected to those around you and ways to maintain mental wellbeing, along with information on community resources.





T: 085 255 2890

West Limerick MHA is supported by volunteers from West Limerick. They aim to provide mental health information for the area through events, talks and other supports. For more information about the West Limerick MHA event in October, please contact Barnagh Greenway Hub at 069 61512.

**October 5th**

## Free, Fun, Chill-out Day

Barnagh Greenway Hub, V42 AV66

Free event, limited places, booking essential.

## 'Greenways to Great Days: 5 Ways to Elevate your Wellbeing'

**11am-12.30pm**

Wellbeing workshop, 1.5 hours.

## Light Lunch

**12.30pm**

A 1.5 hour wellbeing workshop.

## 'Paint Your Peace: wellbeing Pottery on the Greenway'

**1.30-2.30pm**

Fun, pottery painting workshop, 1.5 hours.

West Limerick Mental Health Association

Barnagh Greenway Hub

JOIN US AT BARNAGH GREENWAY HUB FOR  
 A FREE, FUN CHILL OUT DAY  
 SPONSORED BY WEST LIMERICK MENTAL HEALTH ASSOCIATION

**SATURDAY 5TH OCTOBER**

**11a.m- 12:30p.m**  
 "Greenways to Great days: 5 ways to elevate your wellbeing" A 1.5 hour Wellbeing Workshop

**12:30 am light lunch**

**1:30p.m. - 2:30p.m.**  
 "Paint Your Peace: Wellbeing Pottery on the Greenway" Fun, Pottery Painting Workshop 1.5 hours

FREE EVENT- LIMITED PLACES BOOKING ESSENTIAL  
 BOOK ONLINE [HTTPS://LIMERICKGREENWAYBIKERENTAL.IE/EVENTS-AT-BARNAGH-GREENWAY-HUB/](https://limerickgreenwaybikerental.ie/events-at-barnagh-greenway-hub/)  
 PHONE 085 2552890







**INISHOWEN**  
**Mental Health**  
**Association**



**Mental Health**  
 Month

E: [cathy.mcdermott@hse.ie](mailto:cathy.mcdermott@hse.ie)

T: 087 930 1252

**October 10th, 7pm**

## Launch of Martin Moir's CD

**Ascain Centre, Ard Chlochar,  
 Carndonagh, Co. Donegal**

Martin Moir (a member of the GTI MHA) has produced a CD of his own music and is giving all profits to the charity. We are holding an event with all members of the GTI MHA to launch the CD and to have a pizza movie night after.

**For more information, get in touch!**



The principle aim of GTI MHA is to promote mental health recovery and reduce social isolation for club members who have experienced mental ill health, all of whom live within the Inishowen Peninsula. We provide a supportive environment to foster supportive relationships and friendships. It is a peer led, self-funding charity dependent on fundraising.



**This October**

# Connect for Mental Health



*Visit our  
donation page*



*For more information click here:*

<https://bit.ly/MentalHealthMonth24>

**Text 'MHI' to 50300**

**or organise a fundraiser for us**

**#MentalHealthMonth**

**#ConnectMHI**

