



## Working Together for Mental Health Month 2024

### Sout East Calendar of Events

County	Date	Events	Group/ Organisation
Carlow:	5th Oct	Carlow Town <b>Park Run</b> @ 9:30am - Info Stand by Carlow MHA for Mensana	Carlow Mental Health Association
		Carlow MHA <b>Info Stand</b> – Pennys Carlow 12 – 2pm	Carlow Mental Health Association
	10 <sup>th</sup> October	<b>Rambling House</b> 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	Carlow Mental Health Association
	10 <sup>th</sup> October	<b>Carlow PPN Expo event</b> – @ Lord Bagenal 4.30 to 7.30 pm	Carlow PPN
	Friday Oct 11 <sup>th</sup>	<b>Walk around Carlow Town</b> - Historical Walk Padraig Dooley. – Carlow Historical Society – 4.30pm to finish at An Gardin Beo after 6 pm, where refreshments will be served.	Carlow Mental Health Association
	Friday 11 <sup>th</sup> October	<b>Connecting with self- Mary Claire Harte</b> Venue: An Gardin Beo from 7:30-8:30 pm Refreshments after and a chat	Carlow Mental Health Association
	12th Oct	Carlow MHA <b>Info stand</b> Tesco Fair Green Shopping Centre, 11am – 1pm	Carlow Mental Health Association

Please share with your networks.

Queries can be fielded by Gina Delaney Development Officer 087 8353925 [gina@mentalhealthireland.ie](mailto:gina@mentalhealthireland.ie)



	12 <sup>th</sup> Oct	<b>Darts tournament</b> Dicey Reillys The Quays Carlow 3.30pm – 8pm	Carlow Mental Health Association
	13 <sup>th</sup> Oct	<b>Community Groups Gathering</b> - Expo type event local societies, clubs and groups. The Exchange Potato Market Carlow 2 – 4pm  Local groups / clubs invited to attend with their own promotional materials and produce to engage with public. 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.	Carlow Mental Health Association and groups from across Co Carlow

<b>Kilkenny:</b>	3 <sup>rd</sup> Oct	<b>Radio Programme</b> on 'Minding Yourself as a Parent' on Community Radio Kilkenny City	LifeLinkk, KLP, CYPSI, Mental Health Ireland
	10 <sup>th</sup> Oct	<b>Radio Programme</b> on 'Supporting Teenagers and Parents' on Community Radio Kilkenny City	LifeLinkk, KLP, CYPSI, Mental Health Ireland
	13 <sup>th</sup> Oct	<b>Family Fun Day</b> 2-5 Auxiliary	TASK, Kilkenny Auxiliary Hospital
	31 <sup>st</sup> Oct	<b>Book Launch</b> - Official Launch of 'Different Diagnoses, Similar Experiences' 3-5pm St. Canice's Neighbourhood Hall - Butts Green R95 VK7X Kilkenny	<a href="https://www.eventbrite.ie/e/official-launch-of-different-diagnoses-similar-experiences-tickets-1005802551507">https://www.eventbrite.ie/e/official-launch-of-different-diagnoses-similar-experiences-tickets-1005802551507</a>

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South Tipperary:	7 <sup>th</sup> Oct	JIGSAW Clonmel Outreach Launch , 10.30-12pm Clonmel Community Resource Centre	JIGSAW young peoples mental health
		Mindfulness Meditation 2-3pm ***BOOKING ESSENTIAL 0857884321	Involvement Centre, South Tipp
		Health and Wellbeing Road Show Halla na Feile, Cashel	Tipperary Coco, Healthy Tipperary and Tipperary PPN
	8 <sup>th</sup> Oct	Aromatherapy for Mental Health, 12.45- 1.45 ***BOOKING ESSENTIAL 0857884321 Place 4U 24 Gladstone Street, Clonmel	Involvement Centre, South Tipp
		Mandala Meditation, 2-3pm ***BOOKING ESSENTIAL 0857884321 Place 4U 24 Gladstone Street, Clonmel	Involvement Centre, South Tipp
		Chakra Meditation, 5-6pm BOOKING ESSENTIAL 0857884321 Place 4U 24 Gladstone Street, Clonmel	Involvement Centre, South Tipp
		Mantra, 6-7pm ***BOOKING ESSENTIAL 0857884321 Place 4U 24 Gladstone Street, Clonmel	Involvement Centre, South Tipp
	9 <sup>th</sup> Oct	Mandala Meditation, 10am-12pm BOOKING ESSENTIAL 0857884321 Place 4U 24 Gladstone Street, Clonmel	Involvement Centre, South Tipp
		Hatha Yoga, 12.30-1.30pm ***BOOKING ESSENTIAL 0857884321 Place 4U 24 Gladstone Street, Clonmel	Involvement Centre, South Tipp
		Superbrain Yoga ***BOOKING ESSENTIAL 0857884321 Place 4U 24 Gladstone Street, Clonmel	Involvement Centre, South Tipp
		Talk- John Lonergan- TUS Thurles 6.30-8.30PM Place 4U 24 Gladstone Street, Clonmel	Tipperary Mental Health Week
	10 <sup>th</sup> Oct	World Mental Health Day, Main Guard, Clonmel, 12pm-3pm	Involvement Centre, South Tipp
	11 <sup>th</sup> Oct	Breathwork Painting, 10am-1pm ***BOOKING ESSENTIAL 0857884321 Place 4U 24 Gladstone Street, Clonmel	Involvement Centre, South Tipp

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		<b>Creative Writing</b> 1.30-3pm ***BOOKING ESSENTIAL 0857884321 Place 4U 24 Gladstone Street, Clonmel	Involvement Centre, South Tipp
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<b>Waterford/ Wexford:</b>	3 <sup>rd</sup> Oct	Cuppa and a Chat morning 11am-12.30pm Wexford MHA Henrietta Street, Wexford,	Wexford Mental Health Association
	16 <sup>th</sup> Oct	Creativity Counts Art Exhibition Launch The Exhibition will take place 19 <sup>th</sup> , 20 <sup>th</sup> , 26 <sup>th</sup> , 27 <sup>th</sup> , 28 <sup>th</sup> October and 2 <sup>nd</sup> November, 11am-4pm	Wexford Mental Health Association
	24 <sup>rd</sup> Oct	Expression Project The 'Expressions' Project aims to promote awareness amongst young people. 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. Event open to participants.	Wexford Mental Health Association
	29 <sup>th</sup> Oct	Gentle Yoga Movement Project -6 week Programme, 12-1pm, Wexford MHA, Henrietta St, Y35 W406. Friendly, fun and gentle movement and yoga, followed by refreshments and chat, for over 55's.	Wexford Mental Health Association
	October	The Waterford WRAP Network are running WRAP workshops	Waterford WRAP Network

<b>Regional/ National/ Other</b>		<b>Five Ways Workshops</b> all month Register here <a href="#">Connect to Five Ways to Wellbeing webinar Tickets, Tue 1 Oct 2024 at 00:00   Eventbrite</a> Leinster <b>Connect Café</b> 15 <sup>th</sup> October contact <a href="mailto:Conorg@mentalhealthireland.ie">Conorg@mentalhealthireland.ie</a> <b>ARIES Family Recovery Webinar</b> <a href="#">Free Webinar: Recovering Together - Family Recovery in Mental Health Registration, Wed 23 Oct 2024 at 14:00   Eventbrite</a> Recovery College South East <b>Workshops</b> <a href="#">Recovery College South East - Home</a>	Mental Health Ireland ARIES Recovery College South East Involvement Centre, South Tipp
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	<p><b>Mental Health Awareness Week</b> with free raffle entry, at the Involvement Centre, Place 4U 24 Gladstone Street, Clonmel, Wednesday, Thursday, Friday, 10am-1pm</p> <p><b>Shine Peer Support Groups</b>          Thurles: Every Tuesday Afternoon, 2.15pm - 4pm, Back of Premier Hall, Thurles, E41 CX51          For more information contact 086 04077010 or support @shine.ie</p> <p><b>Family Support Groups</b>          Clonmel: 2nd Tuesday monthly, 2.30pm - 4.30pm, St Olivers Catholic Church Centre.          For more information contact 086 04077010 or support @shine.ie</p> <p><b>C-SAW Tipperary</b> Clonmel: Free Coffee Morning every Monday &amp; Wednesday 10.30am - 12.30pm. C-SAW House, 24 William Street, Clonmel, E91 W923          Tipperary Town: Free Coffee Morning Mondays 10.30am - 12.30pm. CJ Kickham Brass &amp; Reed Hall, Davis Street, Tipperary Town, E34 WY82</p> <p><b>Near-by Nature-</b> Nature walks in Enniscorthy in Vinegar Hill, Promenade Walk, Borodale Woods, Peace Park and green Space by the Swimming Pool. Signposts highlight how are green spaces can improve our mental health and wellbeing. Wexford Mental Health Association          National e-brochure of member groups and Mental Health Associations here...  <a href="#">WMHM-MHA-news-proof-v7.pdf (mentalhealthireland.ie)</a></p>	
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