



Working Together for Mental Health Month 2024

Sout East Calendar of Events

County	Date	Events	Group/ Organisation
Carlow:	5th Oct	Carlow Town Park Run @ 9:30am - Info Stand by Carlow MHA for Mensana	Carlow Mental Health Association
		Carlow MHA Info Stand – Pennys Carlow 12 – 2pm	Carlow Mental Health Association
	10 th Oct	Rambling House 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
		Carlow PPN Expo event – @ Lord Bagenal 4.30 to 7.30 pm	Carlow PPN
	11 th Oct	Walk around Carlow Town - 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
		Connecting with self- Mary Claire Harte Venue: An Gardin Beo from 7:30-8:30 pm Refreshments after and a chat	Carlow Mental Health Association
	12th Oct	Carlow MHA Info stand Tesco Fair Green Shopping Centre, 11am – 1pm	Carlow Mental Health Association
		Darts tournament Dicey Reillys The Quays Carlow 3.30pm – 8pm	Carlow Mental Health Association

Please share with your networks.

Queries can be fielded by Gina Delaney Development Officer 087 8353925 gina@mentalhealthireland.ie



	13th Oct	Community Groups Gathering - 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
	Ongoing	Grow Peer Support Groups Thursdays at 10.30am Liz Shortall 0860849171 The Involvement Centre, St Dymphna's Hospital, Carlow	Grow Mental Health

Kilkenny:	3 rd Oct	Radio Programme on 'Minding Yourself as a Parent' on Community Radio Kilkenny City	LifeLinkk, KLP, CYPSI, Mental Health Ireland
	10 th Oct	Radio Programme on 'Supporting Teenagers and Parents' on Community Radio Kilkenny City	LifeLinkk, KLP, CYPSI, Mental Health Ireland
	13 th Oct	Family Open Day 2-5 Auxiliary Hospital, Wolftone Street	TASK, Kilkenny Auxiliary Hospital
	31 st Oct	Book Launch - Official Launch of 'Different Diagnoses, Similar Experiences' 3-5pm St. Canice's Neighbourhood Hall - Butts Green R95 VK7X Kilkenny	https://www.eventbrite.ie/e/official-launch-of-different-diagnoses-similar-experiences-tickets-1005802551507
	Ongoing	Grow Peer Support Groups , Liz Shorthall 0860849171 Tuesdays- 10am, Wednesdays-8pm, Fridays- 10.30am	Grow Mental Health

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		Bridgewater House, 4 Dean Street, Kilkenny	
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South Tipperary:	7 th 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
	8 th Oct	Aromatherapy for Mental Health, 12.45- 1.45 ***BOOKING ESSENTIAL 0857884321 Place 4U 24 Gladstone Street, Clonmel	Involvement Centre, South Tipp
		'Mental Health Going Forward' Coffee Morning 11am Join in the launch of an inspiring video showcasing the Involvement Centre	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
		Health and Wellbeing Road Show 12-4pm Halla na Feile, Cashel	Tipperary Coco, Healthy Tipperary and Tipperary PPN
	9 th 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	Tipperary Mental Health Week

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		Place 4U 24 Gladstone Street, Clonmel	
	10 th Oct	World Mental Health Day , 12pm-3pm Main Guard, Clonmel	Involvement Centre, South Tipp
	11 th Oct	Breathwork Painting , 10am-1pm ***BOOKING ESSENTIAL 0857884321 Place 4U 24 Gladstone Street, Clonmel	Involvement Centre, South Tipp
		Creative Writing 1.30-3pm ***BOOKING ESSENTIAL 0857884321 Place 4U 24 Gladstone Street, Clonmel	Involvement Centre, South Tipp
	Ongoing	C-SAW Tipperary Clonmel: Free Coffee Morning every Monday & 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 & Reed Hall, Davis Street, Tipperary Town, E34 WY82	C-SAW
	Ongoing	Grow Peer Support Groups , Teresa Twomey 0879051275 Wednesday 7pm Knocknaraway Family Resource Centre, Tipp Town Thursday 11am Spafield Family Resource Centre, Old Road Cashel Thursday 7.30pm Aiseiri Centre Cahir	Grow Mental Health
	Ongoing	Family Support Groups , 086 04077010 or support @shine.ie 2nd Tuesday monthly, 2.30pm - 4.30pm, St Olivers Catholic Church Centre Clonmel	Shine
	Ongoing	Shine Peer Support Groups , 086 04077010 or support @shine.ie Every Tuesday Afternoon, 2.15pm - 4pm, Back of Premier Hall, Thurles, E41 CX51	Shine
North Tipperary	1 st Oct	Health and Wellbeing Road Show 12-4pm Crokes AC Hall, Thurles	Tipperary Coco, Healthy Tipperary and Tipperary PPN
	15 th Oct	Health and Wellbeing Road Show 12-4pm Ormond Rugby Club, Nenagh	Tipperary Coco, Healthy Tipperary and Tipperary PPN

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Wexford:	3 rd Oct	Cuppa and a Chat morning 11am-12.30pm Wexford MHA Henrietta Street, Wexford,	Wexford Mental Health Association
	10 th Oct	Grow Information Coffee Evening, 6-8pm Red Books, St Peters Square, Wexford	Grow Mental Health
	16 th Oct	Creativity Counts Art Exhibition Launch The Exhibition will take place 19 th , 20 th , 26 th , 27 th , 28 th October and 2 nd November, 11am-4pm	Wexford Mental Health Association
	24 rd 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 th 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
	Ongoing	Grow Peer Support Group Felicia Black, 0861034332 Mondays 11am Wexford Mental Health Association Henrietta Street Wexford Mondays 7pm South West Wexford Family Resource, Ramsgrange, Co. Wexford	Grow Mental Health
	Ongoing	Near-by Nature- 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

Waterford	10 th Oct	An Evening of Hope and Growth, 7-9pm Lismore Courthouse Theatre, Lismore Heritage Centre	West Waterford Suicide Prevention and HUGG
	17 th Oct	'Peace of Mind' Seminar, 7pm with sign language interpreters	Waterford Disability Network

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		City Hall, Waterford	
October		Grow Peer Support Groups Felicia Black 0861034332 Mondays, 8pm, 11 Childers Estate, Dungarvan, Co. Waterford	Grow Mental Health
		The Waterford WRAP Network are running WRAP workshops	Waterford WRAP Network

Regional/ National/ Other	Month Long	Five Ways Workshops all month Register here Connect to Five Ways to Wellbeing webinar Tickets, Tue 1 Oct 2024 at 00:00 Eventbrite	Mental Health Ireland
	15 th Oct	Leinster Connect Café contact Conorg@mentalhealthireland.ie	Mental Health Ireland
	23 rd Oct	ARIES Family Recovery Webinar Free Webinar: Recovering Together - Family Recovery in Mental Health Registration, Wed 23 Oct 2024 at 14:00 Eventbrite	ARIES Recovery Education Service (North Tipperary, Limerick and Clare)
	Ongoing	Recovery College South East Workshops Recovery College South East - Home	Recovery College South East (South Tipperary, Carlow, Kilkenny, Waterford, Wexford)
	October	Mental Health Awareness Week with free raffle entry, at the Involvement Centre, Place 4U 24 Gladstone Street, Clonmel, Wednesday, Thursday, Friday, 10am-1pm	South Tipperary Involvement Centre
	October	National e-brochure of member groups and Mental Health Associations here... WMHM-MHA-news-proof-v7.pdf (mentalhealthireland.ie)	

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