

LAOIS connects

2016 PROGRAMME

Saturday 8 October – Saturday 15 October

PROMOTING HEALTH & WELLBEING



'Stay Connected'



"Get Out, Get Walking, Improve Your 5 Ways To Wellbeing" Connect, Be Active, Take Notice, Keep Learning & Give

Date & Time Saturday 8th October, 10.00am

Details Join us for launch event 4k Family Walk in Emo Community Centre with special guest, Olympian Jessie Barr, Zumba warm ups and face painting.

Everyone knows how a good walk can help you collect your thoughts, especially at stressful times – but there's more to it than that. Walking improves your overall well-being, and helps fight depression. Even just being in the outdoors in green natural spaces is beneficial to your mental health. And walking can even help you make new friends.

- Walking, like other physical activities, releases endorphins which improve mood and reduce stress and anxiety.
- Regular walking improves sleep patterns.
- Active people have a reduced risk of suffering clinical depression.
- Regular physical activity is at least as effective as antidepressant drugs in treating mild and moderate depression – and has positive rather than negative side effects.
- Exploring your community on foot makes you feel more at home there and makes you more likely to talk to people and make friends.
- Walking in a group is a sociable activity that can help improve mental health and overcome feelings of isolation.
- Spending time in the outdoors and in contact with the natural environment – for example by walking in parks, woodland and green spaces – can have a positive effect on mental health.
- Feeling fitter and controlling weight helps improve your body image and confidence.

Laois Sports Partnership are delighted to support all the walking groups hosting walks throughout the week and especially to our new Get Ireland Walking groups. The GIA Active Community Walking Programme aims to support the creation of vibrant walking communities throughout Ireland. This programme works with communities to increase the capacity and potential of people with low levels of physical activity to become more active through walking. Interested in setting up a walking group in your area contact us for further information Laois Sports Partnership (057) 8671238 or email info@laoissports.ie

Cost
Venue

Walks across the County, All Welcome and all Free of Charge.
Emo Community Centre



WALKS

Saturday 8th October

10.00am

Emo 4K
Emo Community Centre
"Get Out, Get Walking, improve your 5 ways to wellbeing"
Laois Sports Partnership (057 86 71248)

Sunday 9th October

11.00am

Luggacurran 8K
Assemble at Luggacurran Community Centre
Olive Lacey 086 1567758 – All Welcome – Free of Charge

Monday 10th October

6.00pm

Togher Woods 3 – 5K
Arthritis Ireland Laois Branch
Assemble at Togher Woods Entrance
Caroline Cahill 086 1020431 – All Welcome – Free of Charge

Tuesday 11th October

10.00am

Mountmellick 3 – 5K
Mountmellick Walking Group
Assemble at MDA Car Park, Mountmellick
Tina Murray 086 1020431 – All Welcome – Free of Charge

Tuesday 11th October

10.45am

Mountrath 5K
Mountrath Ramblers
Assemble at St. Fintan's Hall, Chapel Carpark, Mountrath
Anne Delaney 087 9067386 – All Welcome – Free of Charge

Tuesday 11th October

7.30pm

Portlaoise 3 – 5K
Portlaoise Walking & Social Club
Assemble at Portlaoise Leisure Centre
Noel Conroy 087 2749536 – All Welcome – Free of Charge

Thursday 13th October

6.00pm

Portarlington 5K
Port Trail Walking Group
Assemble at Oriel House, Portarlington
Donie Molloy 086 3288858 – All Welcome – Free of Charge

Thursday 13th October

7.30pm

Portlaoise 3 – 5K
Portlaoise Walking & Social Club
Assemble at Portlaoise Leisure Centre
Noel Conroy 087 2749536 – All Welcome – Free of Charge

Friday 14th October

6.45pm

The Swan 7K
Assemble at The Swan Cross
Padraig Fleming 087 2801677 – All Welcome – Free of Charge

Sunday 16th October

12.30pm

Rossmore 6.5K
Assemble at Oisín Park, Rossmore
Pat Whelan 086 1657435 – All Welcome – Free of Charge

Kathleen Gorman Talk "Teenage Emotional Wellbeing: a right or an aspiration?"

Date & Time Wednesday 12th October, 7.30pm

Details

With Special Guest Paul Gilligan, CEO St. Patrick's Mental Health Services
'Teenage Emotional Wellbeing: a right or an aspiration?'

Often people think that the teenage years are a difficult time, and that all teenagers have bad moods and behave in challenging ways. These few years are a time of significant social and emotional change. The young teenager is growing up and learning about becoming an independent young adult. This journey is a unique experience. During this phase of growth and development, teenagers can be influenced more by friends, communicate in different ways, the internet, mobile phones and social media. There are many challenges along the way both for the teenager, family and friends. Many of these changes are positive as the teenager seeks more independence and responsibility both at home and school, looking for new experiences some of which may involve risk taking.

So, is 'Teenage Emotional Wellbeing: a right or an aspiration?'

Our Guest Speaker for the Kathleen Gorman Memorial talk is Paul Gilligan. Clinical Psychologist and Chief Executive of St. Patrick's Mental Health Services. He is internationally recognised children's rights and child protection advocate and provides consultancy services to a number of child protection organisations in Ireland and Europe. He is former Vice-Chairman of the National Children's Advisory Council and the Children's Rights Alliance. He is also former President of the Psychological Society of Ireland. Before taking up his current post with St. Patrick's, he was Chief Executive of the ISPCC. Paul is the author of "Keeping Your Child Safe" and "Raising Emotionally Healthy Children" and is a regular contributor to T.V., radio and print media.

This presentation is suitable for parents, grandparents, teenagers and young adults. Partnership Evening organised by Laois Sports Partnership, and the Parents Association Heywood Community School and Mental Health Ireland.

Venue Contact

Heywood Community School, Ballinakill
Further Information: Finola Colgan Mental Health Ireland
E finola@mentalhealthireland.ie
T 086 835 3387
or Caroline Myers Laois Sports Partnership
T 057 8671248



Speaker: Paul Gilligan
CEO St. Patrick's Mental
Health Services

My Name is Emily

Date & Time Wednesday 12th October, 11.00am

Details **Dir: Simon Fitzmaurice | 2015 | Ireland | 100 mins | 12A |**

Starring: Evanna Lynch, Michael Smiley

This moving and poetic coming of age story is a beautiful piece of storytelling. Blending family drama and road trip adventure, the script brims with a beautifully blunt honesty as Emily sets out with new friend Arden, to reunite with her grief stricken father.

Cost FREE Screening for schools including a Q & A supported by Laois Connects

Venue Dunamaise Arts Centre, Portlaoise

Contact Dunamaise Ticket Office

E info@dunamaise.ie **T** 057-8663355 **W** www.dunamaise.ie

f [dunamaise](https://www.facebook.com/dunamaise)

t [@dunamaise](https://twitter.com/dunamaise)



The God Box

Date & Time Thursday 13th October, 8.00pm

Details **Written and performed by Mary Lou Quinlan**

You'll laugh. You'll cry. You'll want to call your mother.

In this engaging one-woman, one-act play based on her New York Times bestselling memoir, **Mary Lou Quinlan** explores the laughter and tears of the story of a family in love, in loss and in triumph which will move and delight, she recounts the discovery of her mother's God box, a box filled with her hopes, wishes and prayers of a lifetime.

Cost €18/€15

Venue Dunamaise Arts Centre, Portlaoise

Contact Dunamaise Ticket Office

E info@dunamaise.ie **T** 057-8663355 **W** www.dunamaise.ie

f [dunamaise](https://www.facebook.com/dunamaise)

t [@dunamaise](https://twitter.com/dunamaise)



Go for Life Fun Day

Date & Time Thursday 13th October, 10.00am

Details All adults – including older adults – need at least 30 minutes of moderate physical activity five days a week. Go for Life is the national programme for sport and physical activity for older people in Ireland and has lots of ways to help you to be more active. Go for Life is an Age & Opportunity initiative, funded by Sport Ireland and run in co-operation with the Health Service Executive. Laois Sports Partnership are delighted to host a Go for Life Fun and welcomes all older adults to join in the day. Activities will include dance, music and games.

Venue St. Mary's Sports Hall

Contact For further information please contact Laois Sports Partnership (057) 8671248



Glosna House Holistic Centre, Wolfhill, County Laois

Glosna House Holistic Centre

www.glosnahouse.com

087 7693966

Experience the uniquely quirky, healing & restorative atmosphere that is Glosna. We are open until 9pm mid week & all day Saturday & would love to welcome you . .

Holistic Nutrition – Food for Health with Collette O’Faolain

Date & Time Tuesday 11th October, 6.30pm - 7.30pm

Details

“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.” - Ann Wigmore
Food grows, it's as simple as that . . . Over the last decade we have seen the introduction of many new weight loss classes across the country giving advice and tips to a population that is on the forefront of an obesity epidemic according to the World Health Organization (WHO). In addition we have a huge increase in new diets, pills & shakes all highly marketed & aimed at helping people reduce their weight quickly which can take the common sense approach out of “eating healthy”. We need to educate ourselves and focus on health before weight. We seemed to have lost sight of the importance of good nutrition and the benefits we get from eating a proper balanced diet.

Cost

All events are FREE, to pre book a place call 0877693966

Venue

Glosna House Holistic Centre, Wolfhill, County Laois

The Benefits of Acupuncture with Collette O’Faolain

Date & Time Wednesday 12th October, 11.00am - 12 noon

Details

The origins of acupuncture in China can be traced back at least 2000 years, making it one of the oldest and most long-standing health care systems in the world. Today, acupuncture is an effective, natural and increasingly popular form of health care that is being used by people from a wide range of cultural and social backgrounds. The classical Chinese explanation is that channels of energy run in regular patterns through the body and over its surface. These energy channels, called meridians, are like rivers flowing through the body to irrigate and nourish the tissues. An obstruction in the movement of these energy rivers is like a dam that backs up in others. The improved energy and biochemical balance produced by acupuncture results in stimulating the body's natural healing abilities, and in promoting physical and emotional well-being.

Cost

All events are FREE, to pre book a place call 0877693966

Venue

Glosna House Holistic Centre, Wolfhill, County Laois

Mindfulness Meditation with Marie Byrne MIAHIP, Reg ICP.

Date & Time Tuesday 11th October, 1.00pm - 2.00pm

Details Meditation has been practiced for thousands of years. It originally was meant to help deepen our understanding of the sacred and mystical forces of life. These days, meditation is commonly used for relaxation and stress reduction. In our experience regular mindfulness practice, through meditation, is an effective treatment for stress, worry, lack of focus, low self-esteem, relationship problems, addictions and more. It leads to peace of mind and well-being, greater focus and creativity. Simply put it gives us the FEEL GOOD FACTOR.

Cost **All events are FREE, to pre book a place call 0877693966**

Venue Glosna House Holistic Centre, Wolfhill, County Laois

Energy Healing with Fiona A'Hearne

Date & Time Tuesday 11th October, 2.30pm - 3.30pm

Details Energy healing promotes healing by enhancing energy flow and correcting disturbances in the "human energy field" or "aura" which permeates and surrounds the body. Improving the flow of energy in the energy field supports the self-healing capacity of the body. Energy Healing is all about accepting that you are an energy being, much more complicated than just a physical body. Energy healing facilitates a harmonising process by clearing blocks in the biofield, repairing and re-balancing the energy patterns. The body can then move to its optimal level of balance to heal itself. By working with the energy systems we can access all levels of our existence.

Cost **All events are FREE, to pre book a place call 0877693966**

Venue Glosna House Holistic Centre, Wolfhill, County Laois

A Toolbox For A Happy, Creative Mind: "Are you living the life you want to live?"

Date & Time Wednesday 12th October, 11.00am - 12.30pm

Details Sometimes we lose focus and get a little bit side-tracked with our dreams and goals. Other times we forget about minding ourselves in the pursuit of goals and wonder why we feel burnt out.

This practical, interactive workshop is about checking in to yourself. Is there anything you would like to change about your life? Do you have a vision and sense of purpose for yourself? Are there particular things you would like to achieve?

Artist/Filmmaker Lisa Fingleton has been self employed for 20 years and has developed a toolbox of techniques for staying motivated and focused in the face of challenges and successes, which she will share in this workshop.

Cost **Free of Charge.** Booking is essential.

Limited to 10 places. **To pre book a place call 057 86 64033**

Venue Laois Arthouse & Library, Stradbally, Co Laois



AM

Saturday 8th October	<p>Walk in Emo Court @ 10.00am "Get out, Get Walking, improve you 5 ways to wellbeing" "Lets Create!" – Mount Henry Arts Studio @ 11.00am</p>
Sunday 9th October	<p>Positive Mental Health emphasis at all Church Services with circulation of support contact details countywide Walk in Luggacurran @ 11.00am</p>
Monday 10th October	<p>Wellness Hub Events – Laois Shopping Centre from 12 noon Valuing Volunteers – Portlaoise Parish Centre @ 10.30am</p>
Tuesday 11th October	<p>Wellness Hub Events – Laois Shopping Centre from 12 noon Walk in Mountmellick @ 10.00am Walk in Mountrath @ 10.45am 'Understanding Deliberate Self-Harm Behaviour' - Family Resource Centre - @ 10.30am Schools Public Speaking Project - Mountmellick Library @ 10.30am</p>
Wednesday 12th October	<p>Wellness Hub Events – Laois Shopping Centre from 12 noon "Sing for Joy - Sport for Joy" - Portlaoise Parish Centre @ 11.00am The Benefits of Acupuncture – Glosna House @ 11.00am A Toolbox for a happy creative mind - Laois Arthouse @ 11.00am</p>
Thursday 13th October	<p>Wellness Hub Events – Laois Shopping Centre from 12 noon Go for Life Fun Day – St. Mary's Sports Hall @ 10.00am "Your Teenager's Mental Health" - Family Resource Centre @ 10.30am</p>
Friday 14th October	<p>Wellness Hub Events – Laois Shopping Centre from 12 noon</p>
Saturday 15th October	<p>Wellness Hub Events – Laois Shopping Centre from 12 noon</p>

Events at a Glance...

PM

Positive Mental Health emphasis at all Church Services with circulation of support contact details countywide	Saturday 8th October
Positive Mental Health emphasis at all Church Services with circulation of support contact details countywide	Sunday 9th October
Wellness Hub Events – Laois Shopping Centre from 12 noon Walk in Togher Woods @ 6.00pm Overcoming Adversity through Sport - Stradbally Library @ 7.30pm Coping with a Critical Incident - Heritage Hotel @ 8.00pm	Monday 10th October
Wellness Hub Events – Laois Shopping Centre from 12 noon Mindfulness Meditation – Glosna House @ 1.00pm Energy Healing – Glosna House @ 2.30pm Walk in Portlaoise @ 7.30pm Holistic Nutrition – Glosna House @ 6.30pm	Tuesday 11th October
Wellness Hub Events – Laois Shopping Centre from 12 noon Kathleen Gorman Memorial Talk with Paul Gilligan – Heywood College, Ballinakill @ 7.30pm	Wednesday 12th October
Wellness Hub Events – Laois Shopping Centre from 12 noon Walk in Portarlington @ 6.00pm Walk in Portlaoise @ 7.30pm 'See you in two minutes, Ma!' – Portlaoise Library @ 6.00pm	Thursday 13th October
Wellness Hub Events – Laois Shopping Centre from 12 noon Walk in The Swan @ 6.45pm The Art of Self Care – Mount Henry Arts Studio @ 7.30pm	Friday 14th October
Wellness Hub Events – Laois Shopping Centre from 12 noon	Saturday 15th October

"Lets Create!"

Date & Time Saturday 8th October, 11.00am - 12 noon

Details Art activities for children with autism aged 5 – 8 years. Art can help children to express themselves and relax contributing to positive well being.

Venue Mount Henry Art Studio, Killenard, Portarlinton

Contact **0868798397 to reserve a place. Limited to 4 places**

Facilitators: Aisling Brennan, Art Therapist

The Art of Self Care

Date & Time Friday 14th October, 7.30pm – 9.30pm

Details Self Care is when we do something for ourselves that contributes to our overall wellbeing. Through art making and discussion we will explore personal self care activities for you.

Venue Mount Henry Art Studio, Killenard, Portarlinton

Contact 0868798397 to reserve a place. Limited to 10 places

Facilitators Laura Amy Dunne, Psychotherapist trainee, Aisling Brennan, Art Therapist

"Sing for Joy – Sport for Joy"

Date & Time Wednesday 12th October, 11.00am

Details The Sing for Joy choir will host guest speaker Ger Scully from Castletown, Co Laois. Ger was always a keen sports fanatic who is now a wheelchair user, following a road traffic accident. Ger will talk about what sport did for him after his accident. While in rehab, he felt there would be no future life for him in sport. He will talk about the journey which lead him to represent Ireland in the European Wheelchair Rugby Championships. He'll speak about how physical activity helped him in his recovery both from a physical and well-being perspective. All welcome to this morning of song and inspirational talk. This event is run by Laois Sports Partnership, Laois Partnership Co and Laois Offaly ETB in conjunction with the Sing for Joy Choir who meet weekly in Portlaoise Parish Centre for a morning of music and song.

Everyone can Benefit from Physical Activity and Exercise!

SOME BENEFITS OF PHYSICAL ACTIVITY AND EXERCISE INCLUDE:

- Increasing heart and lung efficiency
- Helps fight depression
- Reduces risk of osteoporosis
- Reduces risk of some cancers
- Improves self confidence

Venue

Portlaoise Parish Centre



Valuing Volunteers

Date & Time Monday 10th October, 10.30am

Details This workshop is aimed at people already volunteering in their community and people who wish to become volunteers. It will look into the importance of the volunteer sector and how we value its contributions. All are welcome. The event is free of charge and is run by Laois Partnership Company and Mental Health Ireland.

Venue Portlaoise Parish Centre

The Amber Flag Initiative

Details



The Amber Flag initiative was established by Suicide Aware in Cork in 2013. The campaign aims to promote positive mental health within the education system. Last year, a team of students in Mountmellick Community School embraced the initiative where they encouraged, organised and supported positive mental health promoting activities to help reduce the stigma associated with ill mental health. A key message that was highlighted was "It's ok not to feel ok". In order to achieve the Amber Flag, three activities/tasks must be carried out, throughout the year, to promote positive mental health. We focused on: 100 days of happiness, random acts of kindness, fancy dress sponsored walk, positive pumpkin competition and creating a "happy thoughts" tree in our School. This year, in conjunction with Laois Connects Mental Health week, our Amber Flag Committee will visit all the post-primary schools in Laois to highlight the importance of the campaign and to encourage positive mental health promotion among all our second level students in Laois. We will simultaneously be delivering to the schools 'A Student Survival Kit for Everyday Life' and a 'Staff Survival Kit for Everyday Life'.

Public Speaking Event

Date & Time Tuesday 11th October, 10.30am

Details On the 11th October there will be a standalone public speaking project held in Mountmellick town library from 10.30am to 1.00pm. The topic is 'Mental Health is Everyone's Business..... Including Mine'. Invitations to participate and further details will be circulated to all post primary schools in Laois. Organised in association with Mental Health Ireland

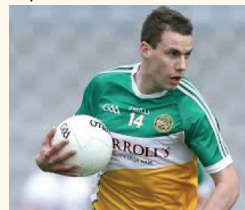
Venue Mountmellick town library

Overcoming Adversity Through Sport

Date & Time Monday 10th October, 7.30pm

Details With Special Guest Niall McNamee
Laois Sports Partnership are delighted to host a workshop on Sport & Wellbeing as part of their Active Communities initiative in Stradbally, Vicarstown & Timahoe. Guest speaker for the event is Niall McNamee a Gaelic footballer from Rhode in county Offaly. Niall has won a number of titles with his club and has also represented Ireland in the International rules against Australia. Niall has spoken openly about his gambling addiction and over the past number of years he has giving talks about how his involvement in sport has helped with his journey. Niall will speak about the benefits of Sport on a person's wellbeing. Niall has considerable experience in keynote speaking at a wide variety of Conferences and Events. Each audience will gain a unique insight into his sporting career and personal journey in a professional, relaxed manner. For further information about this event please contact Patrick Mullaney at Laois Sports Partnership (057) 8671248 or pmullaney@laoissports.ie

Venue Stradbally Library, Court Square, Stradbally



Coping with a Critical Incident

Date & Time Monday 10th October, 8.00pm

Details With Special Guests Liam O'Neill MC & Colin Regan, GAA's Community & Health Officer.

Critical Incidents and why to plan for them.

People have remarkable coping skills and mechanisms however at times we can all use a helping hand in overcoming the challenging events life occasionally presents us with.

Sometimes a critical incident –one that overwhelms one's natural capacity to respond –will arise leaving individuals or communities struggling to cope. GAA clubs and counties have proven themselves invaluable in supporting their members' and communities in responding to an array of tragic and seemingly insurmountable situations. It is important to remember that the GAA club or unit is usually just one entity within a community affected by a critical incident (including, perhaps, amongst others, the local school(s), youth club, emergency and primary/secondary care services, churches/pastoral centres etc.).

Laois GAA supported by Laois Sports Partnership together and the Health Service Executive are delighted to support local clubs implement and launch their plans. The HSE Resource Office for Suicide Prevention has been working with local Laois Clubs in delivering Sport Your Mind Youth Mental Health Programme which incorporates the SafeTALK (Suicide Alertness). These clubs have now progressed to development and implementing a critical incident plan. This event is open to all sporting clubs in Laois. The HSE are happy to make available on an ongoing basis the Sport Your Mind Youth Mental Health programme for coaches and parents. Please contact Josephine Rigney, HSE (086) 8157850 for further information or Laois Sports Partnership (057) 8671248. Wellness boards of local services in conjunction with Mental Health Ireland have also been developed by Laois Sports Partnership should clubs wish to avail of them.

Venue Heritage Hotel Portlaoise

Awareness Session: 'Understanding Deliberate Self-Harm Behaviour'

Date & Time Tuesday 11th October, 10.30am – 12 noon

Details This programme aims to define participants knowledge and understanding of self-harm. Attitudes to self-harm behaviour are explored and information on helpful responses and effective treatments are given.

Venue Family Resource Centre, Treo Nua, Knockmay, Portlaoise

Awareness Session: 'Your Teenager's Mental Health'

Date & Time Thursday 13th October, 10.30am – 12 noon

Details Information session highlighting early warning signs for Mental Health difficulties in young people and supportive steps Parents can take. Included is a review of the Primary Services available to Parents & Young People and information on other community supports.

Venue Family Resource Centre, Treo Nua, Knockmay, Portlaoise

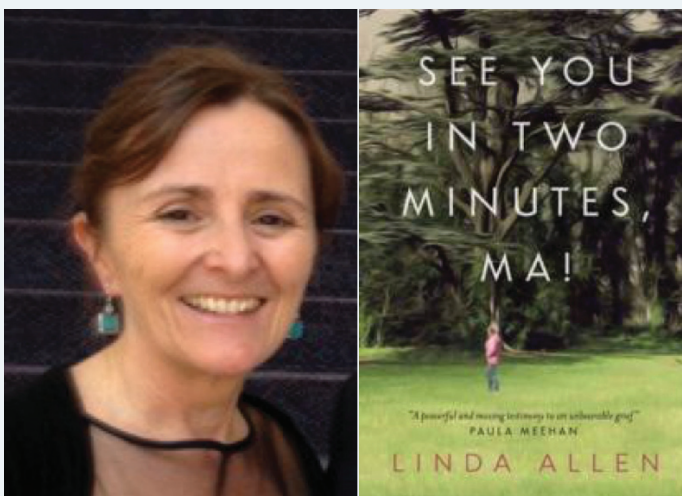
'See You in Two Minutes, Ma!'

Date & Time Thursday 13th October, 6.00pm - All Welcome

Details

Linda Allen author will talk about her book and personal journey after the death of her son.

'See You in Two Minutes, Ma!' was the last words 15-year-old Darragh Sherry spoke to his mother, Linda, on the day before he took his own life. In this heartbreaking but ultimately uplifting book based on her journals, Linda takes us from shock and disbelief, through anguish and despair, to a tentative recovery as she attempts to make sense of the tragedy. With the support and solidarity of family, friends and strangers.



*Linda Allen, author of See You In Two Minutes, Ma
(a book about her son's suicide)*

Linda begins to rebuild her life and look towards the future, while a series of remarkable coincidences convinces her that those who have left us may be closer than we think. Linda talks about the impact of Darragh's suicide on his teenage friends, who are left reeling in the wake of his fateful decision. As music brings them together to share their pain and cope with their grief, Linda comes to understand that the innate sensitivity of youth must be protected.

Durrow Library will host a coffee morning - date to be confirmed and will have a display and talk/Workshop on Healthy Eating for a Healthy Mind.

Laois County Libraries will have a display of books on all aspects of mental and physical health in all the libraries, membership of libraries are free and open to all. Knitting groups meet weekly in Abbeyleix, Mountmellick and Mountrath Libraries, Adult colouring club continues every week in Mountmellick Library.

POP UP WELLNESS HUB

Date & Time Monday 10th October to Saturday 15th October, 12 noon - 7.00pm

Venue Laois Shopping Centre

Laois CONNECTS promotes positive mental health to all communities in Laois in collaboration with the voluntary organisations, youth sector, Laois County Council, HSE, Laois Partnership, Laois Sports Partnership, and Mental Health Ireland.

Our programme of events reflects the World Health Organisation definition of mental health as "A state of wellbeing in which every individual realises his/her own potential can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his/her community" It is a standard of personal care that we can all strive towards achieving.

The focus of this wellness popup hub is on positive mental health wellbeing targeting all age groups.

Events will include a **primary school art project** based on the theme "Inside Out". Entries will be displayed throughout the week at the popup hub and each child will receive a certificate of participation and there will also be individual prizes and merit awards. Children and young adults are encouraged to come along with their parents as there will be lots of fun events throughout the week which will include face painting, colouring dress up and a balloon release. Our aim is to allow young people express themselves in their own unique way.

A series of **Q&A workshops** where the general public can come and meet professionals working in Mental Health Promotion to discuss any topics in relation to their mental health well being will take place along with several **skills workshops** and a **wellness cafe saloon** where you can come along and learn new ways to cope with the stresses and strains of life.



POP UP WELLNESS HUB

A number of relaxation type therapies will take place during the week including:

Mindfulness, a meditation practice that improves emotional wellbeing and reduces stress.

Yoga which provides many health benefits for both your mind and body. As well as improving flexibility and posture it also helps to improve sleep, increase energy levels but most of all it provides an inner calmness.

Massage is a manual therapy that manipulates the soft tissues. It decreases muscle tension and stress levels, relieves discomfort and helps you feel more relaxed overall.

Zumba Dance, a fun fitness routine that helps increase self confidence and positive body image. A half day session if you are feeling more energetic.

Fun bingo session for all who are feeling lucky with lots of spot prizes.

You will have the opportunity to meet with the people who run our voluntary organisations and other community services within the Laois area. Display Stands will provide information and you will be able to chat one on one with the organisation's front people.

We will have a **Positive Thought Tree** on display and we invite you to place your positive thoughts and tips on Mental Health Wellbeing to share with others.

We believe we can all learn from each other and from this week of events so please come along and get involved. We look forward to your participation and together as a community let us live more positive healthy lives.



EMERGENCY / CRISIS NUMBERS:

**YOUR
LOCAL GP
OR MIDOC
OUT OF HOURS
GP SERVICE
1850 302 702**

**GARDAI /
EMERGENCY
SERVICES
999 / 112**

**THE
SAMARITANS
116 123
TEXT: 087 260 9090
EMAIL:
JO@SAMARITANS.ORG**

**24/7
SUICIDE
HELPLINE
1800 247 247
TEXT: 'HELP' TO
51444
(PIETA HOUSE)**

**CHILDLINE
1800
666 666**

**FARM AND
RURAL STRESS
HELPLINE
1800 742 645**

**AWARE
(HELPLINE FOR DEPRESSION)
1890 303 302**

**GROW
INFO LINE:
1890 474 474
Supporting those
experiencing mental
health problems**

**SHINE
INFO LINE
1890 621 631
Supporting People
Affected by
Mental ill Health**

**HSE SUICIDE
BEREAVEMENT
LIAISON SERVICE
Co-Ordinator
086 418 0088**

**MENTAL
HEALTH
SERVICES
HSE Community Mental
Health Centres
Portlaoise 057 86 22925
Tullamore 057 93 15900
Birr 057 91 23043**

**MIDLAND
LIVING LINKS
Bereavement
Listening and Support Service
086 1600 641**

**MABS
(Money Advice &
Budgeting Service)
HELPLINE:
0761 07 2000**

**YOUTH
SUPPORT
SERVICES:
www.jigsaw.ie
www.spunout.ie
www.ReachOut.com**

**ONLINE COUNSELLING
www.turn2me.org**

**MENTAL HEALTH IRELAND
www.mentalhealthireland.ie**