



KERRY

Mental Health
& Wellbeing

FEST

10th - 17th October 2020

**FREE ONLINE, OUTDOOR
AND RADIO EVENTS ORGANISED**

For more information check out...

www.healthykerry.ie

 **@healthycountykerry**

 **@healthykerry**



Rialtas na hÉireann
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CORCAIGH CIARRAI
CORK KERRY
COMMUNITY HEALTHCARE

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Connecting for Life
Kerry



pobal

government supporting communities



Healthy
Kerry



Rialtas na hÉireann
Government of Ireland



The Healthy Ireland Fund supported by the Department of Health and the Department of Children and Youth Affairs.

The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020.

5 WAYS TO WELLBEING

Time and time again, scientific studies have shown us that if we regularly practice the following activities, our mental health and wellbeing could improve.

We can all make active and deliberate choices about changing the state in which we find ourselves. We just need to begin.

5 Ways to Wellbeing COPING WITH COVID

CONNECT



Lend an ear
Lend a hand
Talk instead of messaging
Share experience

BE ACTIVE



Move your body
Move your mood

TAKE NOTICE



Be curious & be aware
How are you feeling?
How are others feeling?
What can you change?

LEARN SOMETHING NEW



Surprise yourself
With what you can do!

GIVE



Your time your effort
Your focus your kindness



Connecting for Life
Cork & Kerry

SCAN FOR
SUPPORTS
VIDEOS, ADVICE &
MINDFULNESS
EXERCISES





CLICK AND CONNECT



FOR MENTAL HEALTH AND
WELLBEING, SUPPORT,
INFORMATION AND MORE...

Connecting for Life

Connecting with help & support



Scan our
QR CODEs
to go straight
to our
information
pages



Information & resources
yourmentalhealth.ie



5 Ways over 5 days
Coping with Covid



Cork

connectingforlifecork.ie

Working in partnership to coordinate and promote
a shared understanding for the delivery of mental
health promotion in Cork and Kerry

Health & Wellbeing,
Cork Kerry Community Healthcare



Kerry

connectingforlifekerry.ie



October 10th is World Mental Health Day

EVENTS

All events are FREE and registration is essential. To register for an event, contact the organiser directly or use the registration links provided below. For general inquiries about the Kerry Mental Health and Wellbeing Fest, please email kerrymhwhfest20@gmail.com.

If attending an event please adhere to public health guidelines. Please wear a face covering where appropriate and respect physical distancing.

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Saturday, October 10th

Event: Photography Competition

Take a photo of yourself in your 'happy place' wearing a green ribbon and tag Macra na Feirme to win a €20 One4All Voucher! Please use #kerrymacra #KerryMHWFest as tags.

Venue: Facebook and Instagram

Date: Saturday, October 10th – Saturday, October 17th – *winner announced on October 18th*

Who is it for: Everyone!

Organising Agency: Macra na Feirme

Register: Joanne Lawlor **m:** 083 8712412

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Radio Event: Saturday Supplement

Listen in to hear all that relates to Mental Health and Wellbeing in Kerry on Saturday from 9am with Joe. Guests will share their personal stories and professionals will give advice on how to practice self-care and wellness.

Venue: Radio Kerry 96-97 FM outside broadcast from Manor Shopping Centre

Date: Saturday October 10th, 9.00am-11.00am

Who is it for: Public

Organising Agency: Kerry Mental Health and Wellbeing Fest Committee





Event: Family Mindfulness

At this time in our lives more than ever we need to find time to pause and to steady ourselves. Mindfulness offers us an opportunity to support ourselves with compassion if feeling overwhelmed. In this workshop, mindfulness techniques will be shared in a fun way with families that they can do together to promote wellbeing.

Venue: Online – Zoom

Date: Saturday October 10th, 10.00am – 10.30am

Who is it for: Parents & Carers & Children 5 to 10 years

Organising Agency: South West Counselling in association with Mindful Parenting Advice

Register: e: info@mindfulparentingadvice.ie

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Event: Yoga

Outdoor yoga in Muckross Park. Face masks are mandatory and contact tracing forms will be made available online and must be completed by all attendees. Great for anyone who wants to clear their head or try something new!

Venue: Muckross Park, Killarney

Date: Saturday October 10th, 11.00am – 12 noon

Who is it for: Everybody (*15 people max*)

Organising Agency: Macra na Feirme

Register: Joanne Lawlor **m:** 083 8712412

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Event: Yoga on the beach

Venue: Banna Beach (*weather permitting*) or via Zoom

Date: Saturday October 10th, 11.00am – 12 noon

Who is it for: Suitable for all levels. Booking essential, for full details and to book visit <https://ebbflowyoga.punchpass.com/classes/6681715>

Organising Agency: NEWKD in association with Ebb & Flow Yoga

Register: Maeve Ferris **m:** 087 3679132

Event: Forest Therapy

Experience a Forest Therapy walk, with Forest Therapy practitioner Kerry Walker. This will be a slow, mindful walk where you will be supported to slow down, and connect with your senses. This is an evidence based practice and can act as an adjunct to standard treatment and rehabilitation for specific illnesses.

Venue: Demesne, National Park, Killarney (*entrance across from the Cathedral*)

Date: Saturday October 10th, 3.00pm – 4.30pm

Who is it for: 18 years + For those experiencing stress or anxiety and anyone interested in the practice of Forest Therapy (*12 people max*)

Organising Agency: The Nature Hub

Register: <https://buytickets.at/thenaturehub/421144>

For more information, e: kerry@thenaturehub.ie

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Event: Festival in a Van

The van hosts musicians for a thirty-minute musical performance, fifteen minutes traditional Irish music and fifteen minutes classical music, designed to lift spirits and allow reflection, inspired by the joy of music. An audience of 20 seated outdoors is catered for, adhering to social distancing and safety guidelines. No bookings, seating is on a first come first serve basis.

Venue: The Courthouse of Killarney House

Date: Saturday October 10th, Start times: 12 noon, 2.00pm and 4.00pm

Who is it for: The public

Organising Agency: Kerry County Council Arts Office in association with Creative Ireland Kerry

Register: See @KerryCoArts on Facebook and Twitter

Sunday, October 11th

Event: Walk with Killarney Men's Shed

Walk with Killarney Men's Shed in Killarney National Park and with Cormac Foley, former Superintendent of Killarney National Park. Meeting in the Muckcross House car park at 9.30am. Followed by refreshments.

Venue: Killarney National Park

Date: Sunday October 11th, 9.30am – 11.30am

Who is it for: Everyone

Organising Agency: Killarney Men's Shed and South Kerry Development Partnership

Register: George Kelly (*Killarney Men's Shed*) **m:** 087 2489501 or Éadaoin Moynihan (*SKDP*) **m:** 087 1906450

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Event: 'Yoga for Kids' – 4 to 8 years

Yoga Kids Kerry is an interactive, fun and healthy way to encourage mindfulness, creativity, mental focus, and physical flexibility in children and early teens. Combining yoga with activities designed to promote self awareness & social inclusion and play. Due to Covid 19 regulations please bring your own mat and bottle of water. Namaste!

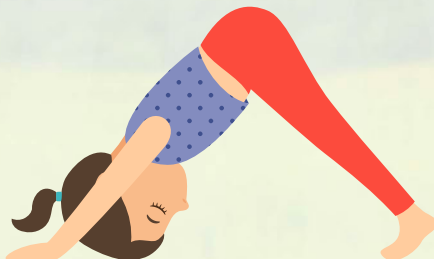
Venue: Tralee Town Park (*weather permitting*)

Date: Sunday October 11th, 10.45am – 12 noon

Who is it for: Children aged 4 - 8 years (*max. 12*)

Organising Agency: Kerry Volunteer Centre

Register: Siobhan Johnston **t:** 066 7117966 or **e:** siobhan@volunteerkerry.ie



Event: Forest Therapy

Experience a Forest Therapy walk, with Forest Therapy practitioner Kerry Walker. This will be a slow, mindful walk where you will be supported to slow down, and connect with your senses. This is an evidence based practice and can act as an adjunct to standard treatment and rehabilitation for specific illnesses.

Venue: Tralee, Ballyseedy Woods

Date: Sunday October 11th, 11.30am – 1.00pm

Who is it for: 18 years + For those experiencing stress or anxiety and anyone interested in the practice of Forest Bathing (*12 people max*)

Organising Agency: NEWKD in association with The Nature Hub

Register: <https://buytickets.at/thenaturehub/421125>

For more information, **e:** kerry@thenaturehub.ie

Event: Wellbeing Workshop for Women



What supports your wellbeing? Learn some mindfulness skills to de-stress and re-fuel your energy.

Venue: Online – Zoom

Date: Sunday October 11th, 2.00pm – 3.00pm

Who is it for: Women/Mothers of all ages (*10 people max*)

Organising Agency: Mindful Coaching-Empowering Women

Register: Silke Michels on **e:** smichels69@gmail.com or **m:** 087 6418184



Event: Transition into Autumn - Restorative Yoga and Guided



Relaxation in Changing Times

This workshop is all about finding some peace, a little bit of down-time just for you. Given the stress and uncertainty of these last few months, grant yourself the time to step out of the day to day and surrender to being still, to pause and take notice of how you feel, how you're doing in all of this. You will need: a Yoga mat, pillows, cushions and blankets.

Venue: Online – Zoom

Date: Sunday October 11th, 7.00pm – 7.45pm

Who is it for: Over 18s

Not suitable for pregnancy. Participants must be able to get up and down off their floor with ease.

Organising Agency: Ebb & Flow Yoga Therapy

Register: <https://us02web.zoom.us/meeting/register/tZUQcumhrjovH9Kki5rSUC1-oeCf9F5Pdc8E>

For more information, **e:** ebbflowyogaireland@gmail.com



Monday, October 12th



Radio Event: Just a Thought

Each day during Kerry MHW Fest we will share a thought with you on Just a Thought to nurture and encourage listeners to take a moment to reflect, rest and reconnect with themselves and their wellbeing.

Venue: Radio Kerry 96-97 FM

Date: Monday October 12th, 7.30am and 12 noon

Who is it for: Public

Organising Agency: Kerry Mental Health and Wellbeing Fest Committee

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Radio Event: Talkabout with Deirdre Walsh



Don't miss out on daily insights into the 5 Ways to Wellbeing with Deirdre. Each day will focus on a individual pillar of wellbeing and how we can integrate wellness into our daily routine and living.

Venue: Radio Kerry 96-97 FM

Date: Monday October 12th, 1.30pm – 3.00pm

Who is it for: Public

Organising Agency: Kerry Mental Health and Wellbeing Fest Committee

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Event: Forging ahead with Hope, Courage and Love

With Life Coach, Astrid Longhurst. This talk will be specifically focused on members of our international community to help them vision ahead at this challenging time as they integrate into life in Kerry - with hope, courage and love!

Venue: Online- Zoom

Date: Monday October 12th, 6.00pm – 7.00pm

Who is it for: The international community and anyone who would like to join in.

Organising Agency: Tralee International Resource Centre (TIRC)

Register: **t:** 066 7127918 or **e:** reception@tirc.ie

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Event: Walk with Sneem Men's Shed

Walk with Sneem Men's Shed in the Sneem GAA grounds.

Venue: Sneem GAA Grounds

Date: Monday October 12th, 7.00pm – 8.30pm

Who is it for: Everyone

Organising Agency: Sneem Men's Shed and South Kerry Development Partnership

Register: Éadaoin Moynihan (*SKDP*) **m:** 087 1906450



Tuesday, October 13th



Radio Event: Just a Thought

Each day during Kerry MHW Fest we will share a thought with you on Just a Thought to nurture and encourage listeners to take a moment to reflect, rest and reconnect with themselves and their wellbeing.

Venue: Radio Kerry 96-97 FM

Date: Tuesday October 13th, 7.30am and 12 noon

Who is it for: Public

Organising Agency: Kerry Mental Health and Wellbeing Fest Committee

Event: Iyengar Yoga Class



An Iyengar Yoga class online, tailored to meet the needs of a beginner or mixed level student. The session will cover a range of movement, Yoga poses, asana with integrated breath work. This will involve warm up, strength building, cool down, relaxation and deep rest.

Venue: Online - Zoom

Date: Tuesday October 13th, 10.00am – 11.00am

Who is it for: Anyone 18 years + (*with no serious underlying health conditions*)

Organising Agency: Yoga in Kerry

Register: Bridget Moriarty **m:** 087 6581947 or **e:** yogainkerry@yahoo.com

Event: The Wellbeing Benefits to Volunteering



Did you know 65% of volunteers report an increase in improved self-esteem? We all know that helping others makes us feel happier, but did you know that studies have shown volunteers live longer lives, have less disease and better overall health? Interested? Pop online to meet Siobhan and hear about how volunteering impacts health and wellbeing and how you can get involved locally.

Venue: Online – Zoom

Date: Tuesday October 13th, 11.00am – 12 noon

Who is it for: Everyone interested in volunteering aged 18 years +

Organising Agency: Kerry Volunteer Centre

Register: Siobhan Johnston on **t:** 066 7117966 or **e:** siobhan@volunteerkerry.ie

Event: One Good Adult Workshop



This workshop will look at building understanding of mental health and what influences it, the importance of young people having One Good Adult in their lives for their mental health, and how we can promote and support youth mental health. It will be followed by a 30 minute question and answer session with a member of the clinical team of Jigsaw Kerry.

Venue: Online – Zoom

Date: Tuesday October 13th, 11.00am – 12.30pm

Who is it for: Parents or guardians and any adult working/volunteering with or supporting young people.

Organising Agency: Jigsaw Kerry

Register: <https://zoom.us/meeting/register/tJcrd-qhqj8tG9c3LMJVOifWcIn5GkWHwMj>

If you would like more information, **e:** kerry@jigsaw.ie

Event: Setting Boundaries at Work Workshop



This workshop will help participants to identify their current boundaries at work, and the boundaries of others. It will also help identify the need for boundaries where necessary, to design boundaries and to design a strategy for what to do if your boundaries are not respected or are crossed.

Venue: Online: Online – Zoom

Date: Tuesday October 13th, 1.00pm – 1.45pm

Who is it for: Employees, HR Managers, Managers and public members

Organising Agency: South Kerry Development Partnership in association with Nutshell Training and Education

Register: SKDP Education Officer, Mairéad O'Sullivan **e:** mosullivan@skdp.net
or **m:** 087 9631935

Radio Event: Talkabout with Deirdre Walsh



Don't miss out on daily insights into the 5 Ways to Wellbeing with Deirdre. Each day will focus on a individual pillar of wellbeing and how we can integrate wellness into our daily routine and living.

Venue: Radio Kerry 96-97 FM

Date: Tuesday October 13th, 1.30pm – 3.00pm

Who is it for: Public

Organising Agency: Kerry Mental Health and Wellbeing Fest Committee

Event: Laughter Yoga



Our Laughter Yoga facilitator Mary will deliver a session whereby all participants will be guided through techniques that will create laughter without relying on humour, jokes, or comedy. Mary will end the session with a short meditation to ground the participants as the session turns into real and contagious laughter.

Venue: Online – Zoom

Date: Tuesday October 13th, 2.00pm – 3.00pm

Who is it for: All ages (*100 participants Max*)

Organising Agency: Maine Valley Family Centre

Register: Maine Valley Family Centre **m:** 087 3694169

or **e:** annafsw.mainevalley@gmail.com

Event: One Good Adult Workshop



This workshop will look at building understanding of mental health and what influences it, the importance of young people having One Good Adult in their lives for their mental health, and how we can promote and support youth mental health. It will be followed by a 30 minute question and answer session with a member of the clinical team of Jigsaw Kerry.

Venue: Online – Zoom

Date: Tuesday October 13th, 4.00pm – 5.30pm

Who is it for: Parents or guardians and any adult working/volunteering with or supporting young people.

Organising Agency: Jigsaw Kerry

Register: <https://zoom.us/meeting/register/tJUucOmqrj0iGNwjAJnRCIpsgLGa7DiimXlj>

If you would like more information, **e:** kerry@jigsaw.ie

Event: Supporting a Person with an Eating Disorder



Harriet Parsons, Training and Development Manager with Bodywhys, The Eating Disorders Association of Ireland, will discuss how to understand an eating disorder so that if you are concerned about someone, or are supporting a person with an eating disorder, you will have a better understanding of how to support them.

Venue: Online- Zoom

Date: Tuesday October 13th, 7.00pm – 8.30pm

Who is it for: If you are concerned about someone, or are supporting a person with an eating disorder.

Organising Agency: NEWKD and Parent Action and Care in association with Bodywhys

Register: e: lorrainebowler@newkd.ie

Event: Interested in Changing Your Life for the Better?



Harness the Power of Habits: Practical Tools to Shape the Life You Want.

You will learn techniques for self-discovery, as that is where all self-development must begin. Get a handle on the real sources of stress and distress in your life so you don't waste time solving the wrong problem. The workshop will give you a toolkit to get started with this process, and some skills to see it through.

Venue: Online – Zoom

Date: Tuesday October 13th, 8.00pm – 9.15pm

Who is it for: Anyone interested in improving their habits and their lives.

Organising Agency: Maggie O'Sullivan Life Coach

Register: e: maggieosullivangraham@gmail.com

Wednesday, October 14th



Event: Just a Thought

Each day during Kerry MHW Fest we will share a thought with you on Just a Thought to nurture and encourage listeners to take a moment to reflect, rest and reconnect with themselves and their wellbeing.

Venue: Radio Kerry 96-97 FM

Date: Wednesday October 14th, 7.30am and 12 noon

Who is it for: Public

Organising Agency: Kerry Mental Health and Wellbeing Fest Committee

Event: Financial Wellbeing



This programme looks at how it is not about how much you earn, it is knowing how to manage your money, managing your day to day finances and being able to cope in money terms when something unexpected happens. The programme is delivered by John Quinlan (BA, MSc, MBA).

Venue: Online – Zoom

Date: The course takes place over 3 sessions, commencing on Wednesday Oct 14th, followed by Oct 28th and Nov 4th. All between 10.30am and 11.30am, followed by a 30 min Q&A.

Who is it for: Anyone who wants to proactively manage their money.

Organising Agency: NEWKD with John Quinlan

Register: Email your name and phone number to **e:** training@newkd.ie

Event: Mincéirí - Minding Our Nooks During Covid 19



A panel discussion will take place on mental health in the Traveller Community. The importance of celebration of Traveller identity, culture and history to the mental health and wellbeing of Travellers of all ages will be central to the discussion.

Venue: Online – Facebook Live from KTHCDP Facebook Page

Date: Wednesday October 14th, 11.00am

Who is it for: Traveller adults, teenagers, parents and service providers

Organising Agency: Kerry Travellers Health and Community Development Project

Register: Brigid Quilligan **e:** projectmanagerkthcdp@gmail.com

Event: Mindfulness Taster Session



The session will provide you with some time out for yourself. It will be interactive and informative and will introduce you to a number of simple mindfulness practices that can be incorporated into your daily life.

Venue: Online – Zoom - take part from the comfort of our own home!

Date: Wednesday October 14th, 11.00am – 12.15pm

Who is it for: Any member of the public over 18 years (*25 people max*)

Organising Agency: Susan Barrett Mindfulness

Register: <https://us02web.zoom.us/meeting/register/tZEqcO-hqz4vHtR8NyU821h5JPVN1esbXd0i>

For more information, **e:** susanbarrettmindfulness@gmail.com
or on **m:** 087 2838171

Event: A Short history of the Kerry Peer Support Network



A talk detailing the services that the Kerry Peer Support Network including; Recovery Meetings, Peer Leader Training, Positive Thought for the Day text message service, WRAP® Workshops and WRAP® Facilitator Training. Learn what WRAP stands for and how to sign up for trainings.

Venue: Online – Zoom

Date: Wednesday October 14th, 11.30am – 12.15pm

Who is it for: Anyone over 18 years

Organising Agency: Kerry Peer Support Network (KSPN)

Register: **e:** kpsninfo@gmail.com



Event: Forest Therapy



Online presentation of the Art and Science of Forest Therapy to gain an understanding on this practice. Forest Therapy is grounded in the Forest Bathing practice of sensory connection, effortless attention and immersing the senses in the forest atmosphere. It is an evidence based practice that originated in Japan in the 1980's. Topics covered on the day include: The Origins of Forest Therapy and Forest Bathing; the research, theory and practice in this area; and integrating Forest Therapy into your work and day to day life.

Venue: Online – Zoom with Kerry Walker from the Nature Hub

Date: Wednesday October 14th, 1.00pm – 2.00pm

Who is it for: For health care professionals, social workers or anyone that may work with people dealing with stress and anxiety.

Organising Agency: The Nature Hub

Register: <https://buytickets.at/thenaturehub/421152>

For more information, e: kerry@thenaturehub.ie

Event: The Science of Happiness at Work



This workshop will help participants to learn about some of the latest research in the 'Science of Happiness at Work', why it matters and how our happiness can be increased using some evidence-based practices.

Venue: Online – Zoom

Date: Wednesday October 14th, 1.00pm – 1.45pm

Who is it for: Employees, HR Managers, Managers and public members

Organising Agency: South Kerry Development Partnership in association with Nutshell Training and Education

Register: SKDP Education Officer, Mairéad O'Sullivan **e:** mosullivan@skdp.net or **m:** 087 9631935

Event: Wellbeing Workshop for Women



What supports your wellbeing? Learn some mindfulness skills to de-stress and re-fuel your energy.

Venue: Online – Zoom

Date: Wednesday October 14th, 2.00pm – 3.00pm

Who is it for: Women/Mothers of all ages (*10 people max*)

Organising Agency: Mindful Coaching-Empowering Women

Register: Silke Michels on **e:** smichels69@gmail.com or **m:** 087 6418184

Event: Before Bed Time Yoga

A gentle Yoga class designed to help you unwind, relax and to set you up for a great night's sleep. Perfect for slowing down a busy mind & tired body. You'll need a Yoga mat, blanket and a pillow.

Venue: Online - Zoom

Date: Wednesday October 14th, 7.00pm – 8.00pm

Who is it for: Suitable for all levels

Organising Agency: NEWKD in association with Ebb & Flow Yoga

Register: <https://us02web.zoom.us/meeting/register/tZ0od-irqD0pHd1zqNnlfKkgIIWsT4BfgcJO>

For more information, **e:** ebbflowyogaireland@gmail.com



Event: Finding our Tribe in All Weathers

This workshop will aim to help you find answers to the following questions; Who are your tribe? How has Covid impacted on you and your tribe? Where to from here? How can we move through uncertainty? What has Covid taught us? How can we stay close to our tribe? Join us in the company of guest speakers & spoken word poetry.

Venue: Online – Zoom

Date: Wednesday October 14th, 7.00pm – 9.00pm

Who is it for: Women over 18 years (*100 people max*)

Organising Agency: NEWKD in association with KWIN, Kerry Women's Interactive Network.

Register: **e:** annkennelly@newkd.ie



Thursday, October 15th



Radio Event: Just a Thought

Each day during Kerry MHW Fest we will share a thought with you on Just a Thought to nurture and encourage listeners to take a moment to reflect, rest and reconnect with themselves and their wellbeing.

Venue: Radio Kerry 96-97 FM

Date: Thursday October 15th, 7.30am and 12 noon

Who is it for: Public

Organising Agency: Kerry Mental Health and Wellbeing Fest Committee

Event: Rise Above It



A mountain hike incorporating body awareness and mindfulness.

Venue: TBC - depending on the ability of group

Date: Thursday October 15th, 10.00am *(the length of the hike will depend on the ability of the group)*

Who is it for: 16+ years. Basic level of fitness needed. *(13 people maximum)*

Organising Agency: Mountain Adventure Walks

Register: **e:** info@mountainadventurewalks.ie

Event: Unlocking Your Potential



Dee Keogh will deliver a workshop focused on energizing and re-framing your thinking. Be the best you can be! This powerful interactive seminar helps participants change their self-talk, step out of their comfort zones tapping into their true potential.

Venue: Online – Zoom

Date: Thursday October 15th, 11.00am – 12.30pm

Who is it for: Anyone over 18

Organising Agency: Kerry Volunteer Centre

Register: Siobhan Johnston on **t:** 066 7117966 or **e:** siobhan@volunteerkerry.ie



Event: How to Create Wellbeing Habits that Stick

This workshop will help participants to identify 3 wellbeing habits that they would like to create at work, to learn how to create habits that are likely to be maintained, using behavioural science and to design a recipe for each one of the new habits.

Venue: Online – Zoom

Date: Thursday October 15th, 1.00pm – 1.45pm

Who is it for: Employees, HR Managers, Managers and public members (100 people max)

Organising Agency: South Kerry Development Partnership

Register: SKDP Education Officer, Mairéad O'Sullivan at **e:** mosullivan@skdp.net
or **m:** 087 9631936

Radio Event: Talkabout with Deirdre Walsh



Don't miss out on daily insights into the 5 Ways to Wellbeing with Deirdre. Each day will focus on a individual pillar of wellbeing and how we can integrate wellness into our daily routine and living.

Venue: Radio Kerry 96-97 FM

Date: Thursday October 15th, 1.30pm – 3.00pm

Who is it for: Public

Organising Agency: Kerry Mental Health and Wellbeing Fest Committee

Event: Mental Health and Wellbeing: Spirituality amidst Contagion

A reflective talk on the spirituality of wellbeing and how to enhance mental health and wellbeing during times of restriction with a question and answer session. The session will include an introduction to Christian Meditation and teaching on simple techniques.

Venue: St. Mary's (Church of Ireland), Kenmare Place, Killarney, Kerry, V93 CD00 (opposite Town Hall)

Date: Thursday October 15th, 2.00pm - 4.00pm

Who is it for: Anyone with an interest in spirituality and for those who are feeling the mental and emotional pressure of the Coronavirus pandemic restrictions.

Organising Agency: St. Mary's Church

Register: **e:** rector@churchofthesloes.ie

Event: Forest Therapy

Experience a Forest Therapy walk, with Forest Therapy practitioner Kerry Walker. This will be a slow, mindful walk where you will be supported to slow down, and connect with your senses. This is an evidence based practice and can act as an adjunct to standard treatment and rehabilitation for specific illnesses.

Venue: Listowel, Town Park, meet at the gate

Date: Thursday October 15th, 3.00pm – 4.30pm

Who is it for: 18 years + For those experiencing stress or anxiety and anyone interested in the practice of Forest Therapy

Organising Agency: NEWKD in association with The Nature Hub

Register: <https://buytickets.at/thenaturehub/421142>

For more information, **e:** kerry@thenaturehub.ie

Event: Self-Care for One Good Adult Workshop



This workshop aims to build greater awareness of the importance of looking after our own wellbeing when acting as a supportive adult to young people and the value this has for young people's mental health. Participants will develop a self-care plan. It will be followed by a 30 minute question and answer session with a member of the clinical team of Jigsaw Kerry.

Venue: Online – Zoom

Date: Thursday October 15th, 4.00pm – 5.30pm

Who is it for: Parents or guardians and any adult working/volunteering with or supporting young people.

Organising Agency: Jigsaw Kerry

Register: <https://zoom.us/meeting/register/tJYpcumtrzwpG9PmPqEXGoiHmoO-Y-aF1oBg>

For more information, **e:** kerry@jigsaw.ie

Event: Qigong Class



A live Qigong class taught via Zoom. Qigong is a branch of Chinese medicine combining breath, mind focus and simple movement to help annihilate anxiety, extinguish exhaustion, overcome overwhelm and promote peaceful sleep. This "moving meditation" can also help to relieve physical stiffness and pain in addition to calming and relaxing the mind.

Venue: Online – Zoom

Date: Thursday October 15th, 4.00pm – 4.45pm

Who is it for: All ages

Organising Agency: Chinese Medicine Clinics Kerry

Register: <https://spacetorelax.com/qigong-online-class/>

Radio Event: In Business with Mary Mullins



Make sure to tune into Mary Mullins, 'In Business Show' to learn all about the importance of wellbeing in the workplace and to how we as colleagues, businesses and employers can nurture wellbeing in our own workplaces.

Venue: Radio Kerry 96-97 FM

Date: Thursday October 15th, 6.00pm – 7.00pm

Who is it for: Public

Organising Agency: Kerry Mental Health and Wellbeing Fest Committee

Event: Zumba



Zumba is a Latin inspired dance and exercise. It is great for the body and soul. Not only will it keep you fit and healthy, but you will also have fun while doing zumba. It's great therapy!

Venue: Online - Zoom

Date: Thursday October 15th, from 6.40pm

Who is it for: Any age (*100 people max*)

Organising Agency: Zumba Salsa Tralee

Register: **Zoom Meeting ID:** 585 198 1516 **Passcode:** smile

For more information, Linda Flanagan **m:** 086 4009916

Event: Help Your Child Be More Resilient and Cope with Life's



Challenges

This parents' workshop will share practical tips and strategies that help to instil in children the importance of working to maintain health and wellbeing.

Venue: Online – Zoom

Date: Thursday October 15th, 8.00pm – 9.30pm

Who is it for: Parents of children aged 6 - 18 years old

Organising Agency: changingtracks4life

Register: <https://www.eventbrite.ie/e/help-your-children-to-be-more-resilient-and-cope-with-lifes-challenges-tickets-118380458137>

For more information, Margaret Gilbert **e:** gilbertmlifecoaching@gmail.com



Friday, October 16th



Radio Event: Just a Thought

Each day during Kerry MHW Fest we will share a thought with you on Just a Thought to nurture and encourage listeners to take a moment to reflect, rest and reconnect with themselves and their wellbeing.

Venue: Radio Kerry 96-97 FM

Date: Friday 16th October, 7.30am and 12 noon

Who is it for: Public

Organising Agency: Kerry Mental Health and Wellbeing Fest Committee

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Event: Rise Above It

A mountain hike incorporating body awareness and mindfulness.

Venue: TBC - depending on the ability of group

Date: Friday 16th October from 10.00am *(the length of the hike will depend on the ability of the group)*

Who is it for: 16+ years. Basic level of fitness needed. *(13 people maximum)*

Organising Agency: Mountain Adventure Walks

Register: e: info@mountainadventurewalks.ie

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Event: Connect and Reflect

Talks and activities around improving Mental Health & Wellbeing.

Venue: Held outdoors at Killorglin Family Resource Centre, 39 Iveragh Park, Killorglin, Co. Kerry.

Date: Friday 16th October, 10.00am – 12.00 noon

Who is it for: Anyone who is parenting alone *(15 people max)*

Organising Agency: Killorglin Family Resource Centre

Register: Register via phone at t: 066 9762933 or email

e: atkillorglinfamilycentre@gmail.com

Event: Self-Care for One Good Adult Workshop



This workshop aims to build greater awareness of the importance of looking after our own wellbeing when acting as a supportive adult to young people and the value this has for young people's mental health. Participants will develop a self-care plan. It will be followed by a 30 minute question and answer session with a member of the clinical team of Jigsaw Kerry.

Venue: Online – Zoom

Date: Friday 16th October, 11.00am – 12.30pm

Who is it for: Parents or guardians and any adult working/volunteering with or supporting young people.

Organising Agency: Jigsaw Kerry

Register: <https://zoom.us/meeting/register/tJYvdu-qrDsuE9FRRU1eNXTy4FrNgKRstfJr>

For more information, e: kerry@jigsaw.ie

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Event: Yoga class with Ebb & Flow Yoga



Venue: Tralee Town park, weather permitting, or on Zoom

Date: Friday 16th October, 11.00am – 12 noon

Who is it for: Suitable for all levels

Organising Agency: NEWKD in association with Ebb & Flow Yoga

Register: <https://ebbfloxyoga.punchpass.com/classes/6681730>

For more information, Maeve Ferris m: 0873679132

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Radio Event: Talkabout with Deirdre Walsh



Don't miss out on daily insights into the 5 Ways to Wellbeing with Deirdre. Each day will focus on an individual pillar of wellbeing and how we can integrate wellness into our daily routine and living.

Venue: Radio Kerry 96-97 FM

Date: Friday 16th October, 1.30pm – 3.00pm

Who is it for: Public

Organising Agency: Kerry Mental Health and Wellbeing Fest Committee

Event: Positive Wellbeing Workshop incorporating 5-A-Day



The workshop highlights the importance of the 5-A-Day for Wellbeing through experiential learning. The session lasts two hours and includes 5 sections with activities focused on Connecting, Being Active, Taking Notice, Keep Learning and Giving.

Venue: Online

Date: Friday 16th October, 4.00pm – 6.00pm

Who is it for: 12 - 18 year olds

Organising Agency: KDYS Youth Information

Register: Register at the KDYS Youth Information Portal in Tralee and Killarney any Thursday evenings from 4.30pm to 8.30pm prior to the event.

Event: Positive Wellbeing Workshop incorporating 5-A-Day



The workshop highlights the importance of the 5-A-Day for Wellbeing through experiential learning. The session lasts two hours and includes 5 sections with activities focused on Connecting, Being Active, Taking Notice, Keep Learning and Giving.

Venue: Online

Date: Friday 16th October, 7.30pm – 9.30pm

Who is it for: 12 - 18 year olds

Organising Agency: KDYS Youth Information

Register: At the KDYS Youth Information Portal in Tralee and Killarney any Thursday evenings from 4.30pm to 8.30pm prior to the event.

Saturday, October 17th

Event: Coffee Morning

A coffee morning at the Spa GAA Club grounds. Open to club members and people from the local community. Everyone is invited to bring home baking and the club will set up teas, coffees and children's treats.

Venue: Spa GAA Club, Tullig, Killarney

Date: Saturday 17th October, 10.00am – 12 noon

Who is it for: Club members and the local community

Organising Agency: Spa GAA Club

Register: Spa Health & Wellbeing Officer Margaret Doyle **m:** 087 9181970 or the Spa PRO Deirdre O'Sullivan Darcy **m:** 085 1216359

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Event: Yoga for Kids' – 9 to 12 years

Yoga Kids Kerry is an interactive, fun and healthy way to encourage mindfulness, creativity, mental focus, and physical flexibility in children and early teens. Combining yoga with activities designed to promote self awareness & social inclusion and play. Due to Covid 19 regulations please bring your own mat and bottle of water. Namaste!

Venue: Tralee Town Park (*weather permitting*)

Date: Saturday 17th October, 10.45am – 12 noon

Who is it for: Children aged 9 - 12 years (*Max 12*)

Organising Agency: Kerry Volunteer Centre

Register: Siobhan Johnston on **t:** 066 7117966
or **e:** siobhan@volunteerkerry.ie



Membership Only Events

The following events are for members of the organisation only. While these events are not open to the public, they are included in the programme to recognise and showcase the local support for promoting mental health and wellbeing in Kerry.

Event: Group walk

Venue: Depending on group members participating

Date: Weather dependent in the course of the week

Who is it for: Members of Kerry Retired Teachers

Organising Agency: Kerry Retired Teachers

Register: Julie O'Connor **e:** juliekerryrta@gmail.com

Event: De-stress and Get Grounded



A workshop designed to guide participants into a mindful and relaxed state, leaving them feeling calmer, more in control, focused and content.

Venue: Online

Date: Monday October 12th, 11.00am-12.00 noon

Who is it for: Staff and volunteers in NEWKD offices

Organising Agency: NEWKD in association with Workplace Wellness

Event: Fundamental Elements to Wellbeing Talk

The workshop looks at exploring self awareness; Understanding the importance of our own value; Reinforcing the importance of resilience; tips and tools to help in our daily lives.

Date: Tuesday October 13th, 9.45am – 11.15am

Who is it for: SICAP groups, Cahersiveen Lone Parent Support Group, Kenmare Lone Parent Support Group, Mid Kerry New Communities Group.

Organising Agency: South Kerry Development Partnership

Register: Mary Gallagher **e:** mgallagher@skdp.net

Event: Fundamental Elements to Wellbeing Talk

The workshop looks at exploring self awareness; Understanding the importance of our own value; Reinforcing the importance of resilience; tips and tools to help in our daily lives.

Date: Wednesday October 14th, 9.45am – 11.15am

Who is it for: SICAP groups, Cahersiveen Lone Parent Support Group, Kenmare Lone Parent Support Group, Mid Kerry New Communities Group.

Organising Agency: South Kerry Development Partnership

Register: Mary Gallagher **e:** mgallagher@skdp.net

Event: Boundaries and Transitions



A workshop designed to assist people become more clear, focused calm & in control. We provide people with the tools that they need in order to deal with the daily stress of their working environment.

Venue: Online

Date: Wednesday October 14th, 11.00am-12.00 noon

Who is it for: Staff and volunteers in NEWKD offices

Organising Agency: NEWKD in association with Workplace Wellness

Event: Fundamental Elements to Wellbeing Talk

The workshop looks at exploring self awareness; Understanding the importance of our own value; Reinforcing the importance of resilience; tips and tools to help in our daily lives.

Date: Thursday October 15th, 9.45am – 11.15am

Who is it for: SICAP groups, Cahersiveen Lone Parent Support Group, Kenmare Lone Parent Support Group, Mid Kerry New Communities Group.

Organising Agency: South Kerry Development Partnership

Register: Mary Gallagher **e:** mgallagher@skdp.net

Event: Kerry's Active Families 'Accessible Orienteering' event:

This free family friendly event is designed to accommodate people with disabilities and their families to take part in an activity together, in Killarney National Park. The Kerry Orienteering Club, together with the Kingdom Wheelblasters Club and Kerry Recreation & Sports Partnership, have designed a challenging and fun orienteering course that is sure to get everyone moving and active as well as mental challenges that will require concentration and teamwork. This is a closed event.

Venue: Killarney National Park – specific location TBC

Date: Saturday October 17th - staggered start times

Who is it for: Members of the Kingdom Wheelblasters Club and their families

Organising Agency: Kerry Orienteering Club together with the Kingdom Wheelblasters Club and Kerry Recreation & Sports Partnership

Register: Gearóid on **e:** gearoid.odoherty@kerrycoco.ie or **m:** 087 6900 593



Need to talk?

Help is a phone call away

The logo for Samaritans, featuring the word "SAMARITANS" in green, bold, sans-serif capital letters. The text is enclosed within a hand-drawn black rectangular frame that has a slightly irregular, sketchy appearance.

Freephone 24/7 on 116 123

Text 087 2609090 Email: jo@samaritans.ie

Pieta  House

The logo for Pieta House, featuring a stylized, golden-brown line drawing of a person sitting and holding their head in their hands, suggesting distress or contemplation.

Call 1800 247 247

Email: info@pieta.ie

Childline 
ISPCC

The logo for Childline, featuring the word "Childline" in a red, rounded, sans-serif font. The letter "l" is replaced by a red icon of a mobile phone. Below the word "Childline" is the acronym "ISPCC" in a smaller, red, sans-serif font.

Freephone 24/7 1800 666 666

Text "Talk" to 50101 Go to www.childline.ie

**If you are in crisis please contact your local GP.
Out of hours, contact SouthDoc on 1850 335 999
or your nearest Emergency Department.**

For more information check out...

www.healthykerry.ie
www.yourmentalhealth.ie
www.healthyireland.ie

 **@healthycountykerry**

 **@healthykerry**