



# CORK

Mental Health  
& Wellbeing

# FEST

**10<sup>th</sup> - 17<sup>th</sup> October 2020**

*For more information check out...*

**[www.connectingforlifecork.ie](http://www.connectingforlifecork.ie)**

**[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)**

**[www.healthyireland.ie](http://www.healthyireland.ie)**

In collaboration with:

# 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





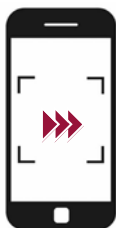
# CLICK AND CONNECT



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](http://yourmentalhealth.ie)



5 Ways over 5 days  
Coping with Covid



Cork

[connectingforlifecork.ie](http://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](http://connectingforlifekerry.ie)



**Event: Launch of a men's health cookbook, a collaboration between Connecting for Life Cork and North side Community Health Initiative Northside (NICHE):**

The classes were so successful that the group agreed to publish a cookbook featuring some of their favourite recipes. The proceeds will fund further classes at NICHE. Participants in the course submitted their own recipes to be included in the book, alongside a story about why their recipe is important to them. This course was run as a joint initiative between Cork Connecting for Life (Cork's suicide and self-harm reduction strategy) and NICHE Community garden. As well as promoting positive mental health and healthy eating, it also stressed the importance of home-grown ingredients. The aim of the book was to bring men together and promote positive mental health as well as healthy eating.

**Date:** Monday 21st September

**Who is it for:** Staff and participants of Niche Community Garden and Project

**Organising Agency:** The Cork Mental Health Men's Cookbook, a collaboration between Connecting for Life Cork and Northside Community Health Initiative (NICHE). The cookbook is the first of its kind in the county, and features recipes submitted by a group of men who took part in a 10-week cooking course in Knocknaheeny, which was run by Martin Ryan, a Resource Officer for Suicide Prevention with Cork Kerry Community Healthcare.

**Contact:** Martin Ryan **e:** [Martin.ryan8@hse.ie](mailto:Martin.ryan8@hse.ie)  
Brian Kelleher NICHE manager **e:** [brian@nicheonline.ie](mailto:brian@nicheonline.ie)

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**Event: The Rosscarbery Steam Walkers Walk**

The Rosscarbery Steam Walkers will host a 2-hour walk with walkers invited to wear a funny hat for the feel-good factor. Prize for best hat!

**Venue:** Meet at Celtic Ross Hotel car park

**Date:** Saturday 3rd October, 2pm

**Who is it for:** All events are in October and are free unless otherwise stated.

**Organising Agency:** Rosscarbery Steam Walkers

**Contact:** Full details at: [www.thewellbeingnetwork.ie/feelgoodfestival](http://www.thewellbeingnetwork.ie/feelgoodfestival)



## **Event: Launch of the Green Ribbon campaign**

Launch of the Green Ribbon campaign National Stigma reduction and awareness campaign.

**Date:** Tuesday 6th October

**Who is it for:** Everyone

**Organising Agency:** Sea Change /Hse Cork /Kerry Mental Health

**Contact:** Martin Ryan **e:** Martin.ryan8@hse.ie



<https://twitter.com/seechangeirl>



<https://www.facebook.com/SeeChangeIreland/>



<https://www.instagram.com/seechangeirl/>



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## **Event: Idir Eatharthú – Between Worlds**

Audio visual installation combining music, sound, colour, light, visuals, meditation. This multi-sensory experience will allow total immersion in a calming setting, to provide a much-needed rest for the senses and total relaxation.

**Venue:** 49 North Street, Skibbereen

**Date:** Friday 9th October – Monday 12th October

**Who is it for:** Very limited capacity so booking in advance is essential.

**Contact:** Full details at: [www.thewellbeingnetwork.ie/feelgoodfestival](http://www.thewellbeingnetwork.ie/feelgoodfestival)



### **Event: Stress Control**

As the HSE can't deliver our Stress Control classes in the community just now, Dr Jim White will, instead live-stream the classes until December, free-of-charge. To find out more about Stress Control All you need to successfully complete this class is to watch each of the six sessions and read the booklets accompanying the course.

**Venue:** Online

**Date:** Monday 12th October, 2pm and 8:30pm

*(available until 10pm Wednesday 14th)*

**Contact:** <https://stresscontrol.ie/dates/> **e:** [info@stresscontrol.org](mailto:info@stresscontrol.org)

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### **Event: Navigating healthy relationships during the COVID-19**

A guide to navigating healthy relationships during the COVID-19 outbreak with Susan Walsh.

**Venue:** Webinar- online

**Date:** Monday 12th October, 11.00am-12.00pm

**Who is it for:** Everyone

**Organising Agency:** Sexual Health Centre

**Contact:** **e:** [antoinettemccarthy@sexualhealthcentre.com](mailto:antoinettemccarthy@sexualhealthcentre.com)

**e:** [susanwalsh@sexualhealthcentre.com](mailto:susanwalsh@sexualhealthcentre.com)

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### **Event: Online Celebration**

Delivered via YouTube channel to community residences in Cork/Kerry which will have chair based yoga, movie of resident choice, bingo and live band.

**Venue:** All Community Residences across Cork/Kerry

**Date:** Monday 12th, Tuesday 13th, Wednesday 14th, Thursday 15th and Friday 16th October

**Who is it for:** All Community Residences across Cork/Kerry

**Organising Agency:** Cork/Kerry Mental Health Engagement

**Contact:** Rory Doody **m:** 087 3502640



**Event: HIV & Mental Health**

HIV & Mental Health with Phil Corcoran.

**Venue:** Webinar- online

**Date:** Tuesday 13th October, 11.00am-12.00pm

**Who is it for:** Everyone

**Organising Agency:** Sexual Health Centre

**Contact:** e: philcorcoran@sexualhealthcentre.com

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**Event: Reclaim Your Positivity - Webinar**

Panellists: Louise O' Neill - Author, Dr. Pat Bracken - Independent consultant psychiatrist, Rory Doody - Area Lead for Mental Health Engagement, Cork Kerry HSE MC: Alison O'Connor, Journalist and Broadcaster

**Venue:** Online

**Date:** Tuesday 13th October 7.00pm - 8.00pm

**Contact:** Details and booking at: <https://reclaimyourpositivity.eventbrite.ie>  
e: philcorcoran@sexualhealthcentre.com

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**Event: Youth Mental Health**

**Date:** Tuesday 13th October

**Who is it for:** Jigsaw Cork

**Organising Agency:** Jigsaw Cork, Unit 8, South Bank, Crosses Green, Wandesford Quay, Cork, T12 P982

**Contact:** Catherine Egan Morley, Service Manager e: 085 805 3126  
w: [jigsaw.ie/cork](http://jigsaw.ie/cork)



### **Event : Feel-good Movie Screening**

Details of the film choice will be shared on the Clonakilty Wellness Week Facebook page in the lead up to the event.

**Venue:** Park Cinema, Clonakilty

**Date:** Wednesday 14th October 7.00pm

**Organising Agency:** Hosted by Clonakilty Wellness Committee with The Wellbeing Network, West Cork.

**Contact:** Full details at: [www.thewellbeingnetwork.ie/feelgoodfestival](http://www.thewellbeingnetwork.ie/feelgoodfestival)

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### **Event: Stress Control**

As the HSE can't deliver our stress control classes in the community just now, Dr Jim White will, instead live-stream the classes until December, free-of-charge. To find out more about stress control. All you need to successfully complete this class is to watch each of the six sessions and read the booklets accompanying the course.

**Date:** Thursday 15th October, 2pm and 8:30pm (*available until 10pm Saturday 17th*)

**Contact:** **e:** [info@stresscontrol.org](mailto:info@stresscontrol.org) **w:** <https://stresscontrol.ie/dates/>

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### **Event: Supporting Your Mental Health on Your LGBTI+ Journey**

Supporting Your Mental Health on Your LGBTI+ Journey with Konrad Im.

**Venue:** Webinar- online

**Date:** Thursday 15th October, 11.00am-12.00pm

**Who is it for:** Everyone

**Organising Agency:** Sexual Health Centre

**Contact:** **e:** [konradim@sexualhealthcentre.com](mailto:konradim@sexualhealthcentre.com) or  
**e:** [philcorcoran@sexualhealthcentre.com](mailto:philcorcoran@sexualhealthcentre.com)



# Throughout Mental Health Week

**All events are in October and are FREE unless otherwise stated.**

## **Event: Feel-good Photographic Competition**

Feel-good photo competition in association with Beara Camera Club. 1st 2nd and 3rd prizes.

**Venue:** West Cork

**Date:** Closing date, Saturday October 10th

**Who is it for:** Open to West Cork residents

**Organising Agency:** Beara Camera Club

**Contact:** Competition and entry details at: [www.thewellbeingnetwork.ie/feelgoodfestival](http://www.thewellbeingnetwork.ie/feelgoodfestival)

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## **Event: 'Out of the Blue' CD launch**

Out of the Blue' CD launch across the West Cork Library network for the festival and will be available to borrow from the libraries. The CD features 6 short audio documentaries that capture people's stories of mental health, distress and recovery. These are stories of hope challenge and resilience. Libraries will also feature a display of wellbeing books and resources during the festival.

**Venue:** West Cork Libraries

**Date:** Throughout October

**Who is it for:** Everybody

**Organising Agency:** West Cork Library Network

**Contact:** Full details at: [www.thewellbeingnetwork.ie/feelgoodfestival](http://www.thewellbeingnetwork.ie/feelgoodfestival)

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## **Event: Online Celebration**

Delivered via YouTube channel to community residences in Cork/Kerry which will have chair based yoga, movie of resident choice, bingo and live band.

**Venue:** All Community Residences across Cork/Kerry

**Date:** Monday 12th, Tuesday 13th, Wednesday 14th, Thursday 15th and Friday 16th October

**Who is it for:** All Community Residences across Cork/Kerry

**Organising Agency:** Cork/Kerry Mental Health Engagement

**Contact:** Rory Doody **m:** 087 3502640

**Event: Reduced cost passes for Dunmanway Swimming Pool**

Child Pass €1 and Adult Pass €2 can be purchased from the Family Resource Centre in Dunmanway from Monday 5th October – Friday 16th October.

**Venue:** Dunmanway

**Date:** Throughout October

**Who is it for:** Everybody

**Organising Agency:** In association with Dunmanway Family Resource Centre and Dunmanway Swimming Pool

**Contact:** Full details at: [www.thewellbeingnetwork.ie/feelgoodfestival](http://www.thewellbeingnetwork.ie/feelgoodfestival)

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**Event: Lived experience of mental health difficulties**

We will run a weekly group for people with lived experience of mental health difficulties and for families, friends and those who support people with mental health difficulties.

**Date:** Throughout October

**Who is it for:** Everyone

**Organising Agency:** Shine Cork

**Contact: Please register here:** <https://www.shine.ie/shine-support-groups-online/>



# Need to talk?

Help is a phone call away



**Freephone 24/7 on 116 123**

**Text 087 2609090 Email: [jo@samaritans.ie](mailto:jo@samaritans.ie)**



**Call 1800 247 247**


**Email: [info@pieta.ie](mailto:info@pieta.ie)**



**Freephone 24/7 1800 666 666**

**Text "Talk" to 50101 Go to [www.childline.ie](http://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.connectingforlifecork.ie](http://www.connectingforlifecork.ie)**  
**[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)**  
**[www.healthyireland.ie](http://www.healthyireland.ie)**