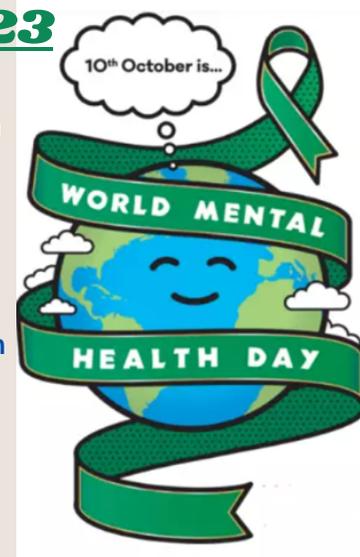


# Monaghan Wellness Week 9th – 13th October 2023



Staff working across statutory and community agencies in Monaghan have come together to organise a range of events to highlight World Mental Health Day on October 10th. The key focus of Monaghan Wellbeing Week is to promote mental health and wellbeing through access to a range of engaging programmes (online and in-person).

Everyone is encouraged to take time out to learn, talk, reflect, and engage with others around the topic of mental health and wellbeing, and to encourage anyone with mental health issues to reach out and avail of supports and services. All events are FREE, registration is essential and can be done by contacting the organiser of the event directly or using the registration links provided in the schedule below.



<u>Date</u>	<u>Events taking place</u>	<u>Event Details</u>
Monday 9th October 10am-12pm	Declutter your wardrobe - with Catherine from Sew Arty - Autumn is a great time to let go of what no longer serves us, to allow us to go within for the Winter season. Join Catherine for advice and tips to reduce everyday stress with clothes. These are fun and engaging workshops and are aimed at reducing stress.	Venue: Carrickmacross Workhouse Registration is essential - phone 087 7702114 or email <a href="mailto:bmchugh@midl.ie">bmchugh@midl.ie</a>
Monday 9th October at 11am	Crosswords & Croissants	Monaghan Library and Carrickmacross Library
Monday 9th October 7-9pm	Recovery College Cavan Monaghan - Men's Health and Wellness information and discussion session. All welcome.	St. Joseph's Pastoral Centre in Monaghan Town - St. Macartan's Suite 7-9pm All Welcome.

# **Monaghan Wellness Week 9th – 13th October 2023**

<u><b>Date</b></u>	<u><b>Events taking place</b></u>	<u><b>Event Details</b></u>
<b>Tuesday 10th October at 10am</b>	<b>Connect Café and Information Session on Peer Recovery. Venue: Presbyterian Hall, Dublin Street, Monaghan.</b>	<b>Come along on the morning or contact Geraldine Denning on 086 464 3564 or <a href="mailto:Geraldine.Denning@hse.ie">Geraldine.Denning@hse.ie</a>, or <a href="mailto:Irene.Kerr@hse.ie">Irene.Kerr@hse.ie</a> or <a href="mailto:Kim@mentalhealthireland.ie">Kim@mentalhealthireland.ie</a></b>
<b>Tuesday 10th October at 11am</b>	<b>Chess Club</b>	<b>Monaghan Library</b>
<b>Tuesday 10th October at 10am</b>	<b>Creative Writing Café with Dianne McPhelim Monaghan County Libraries, in conjunction with Healthy Monaghan are hosting a series of Creative Cafes to encourage social engagement through the medium of a creative outlet. Participants will benefit from learning a new artistic skill while also enjoying the mental health benefits from engagement.</b>	<b>Clones Library: Registration is closed as event is fully booked Please email <a href="mailto:libraryactivities@monaghancoco.ie">libraryactivities@monaghancoco.ie</a> to register your interest for future similar events.</b>
<b>Tuesday 10th October 10am - 12pm</b>	<b>Declutter Your Wardrobe - with Catherine from Sew Party. Autumn is a great time to let go of what no longer serves us. Join Catherine for tips to reduce stress with clothing. The workshops are aimed at reducing stress whilst improving self confidence and mood.</b>	<b>Venue: Sew Arty Art Studio Main Street, Ballybay. Registration essential - 087 7702114 or email <a href="mailto:bmchugh@midl.ie">bmchugh@midl.ie</a></b>

# **Monaghan Wellness Week 9th – 13th October 2023**

<u><b>Date</b></u>	<u><b>Events taking place</b></u>	<u><b>Event Details</b></u>
Tuesday 10th October at 7.30pm	Shane Martin: Your Precious Life, Live It Well.	WCI Monaghan and Monaghan Libraries online event. Register at: <a href="https://www.tickettailor.com/events/monaghancountylibraries/1015972">https://www.tickettailor.com/events/monaghancountylibraries/1015972</a>
Tuesday 10th October at 7.00pm (1.5 hours max.)	“The Art of Wellbeing” - This workshop focuses on enhancing and developing ways to improve our wellbeing; offers us an understanding of how the mind/brain work; how our behaviour may be impacted and introduces tools to support self-regulation using creative methods. The event is hosted by Teach na Daoine’s Women’s Social Circle.	Organised by Mary Hall, Social Prescribing, developed and delivered by Trisha Norry, Integrative Counsellor and Art Therapist. Venue: Teach Na Daoine Family Resource Centre. Limited numbers, booking essential on 047 71398 (between 9.30am -4pm)
Wednesday 11th October, 10.15 am	Connect Walk and Talk for Men, meeting at St. Peter’s Lake 10.15am. Mental Health Ireland in partnership with Migrant Connect for Men’s group.	Meet on the day at 10.15am at St. Peter’s Lake, North Road, Monaghan or Contact Kim - <a href="mailto:Kim@mentalhealthireland.ie">Kim@mentalhealthireland.ie</a> or Gavin - <a href="mailto:failte.isteachmonaghan@gmail.com">failte.isteachmonaghan@gmail.com</a>

# Monaghan Wellness Week 9th – 13th October 2023

## Date

## Events taking place

## Event Details

Wednesday 11th  
October, 7-8.30pm

Rory's stories in partnership with Carrickmacross Emmets GAA club.  
Rory is a stand up comedian and bestselling author, but you may know him as his online and social media personality, Rory's Stories. Over the years Rory has become a true advocate for mental health in Ireland sharing his own personal journey. Rory is a firm believer in people taking charge of their own destiny and making things happen for themselves.

Carrickmacross Emmets GAA  
Clubhouse, Ballybay Road,  
Carrickmacross. Registration not  
necessary.

Wednesday 11th  
October, 10-11.30am

Creative Craft Café with Sew Arty - Monaghan County Libraries in conjunction with Healthy Monaghan are hosting a series of Creative Cafes to encourage social engagement through the medium of a creative outlet. Participants will benefit from learning a new artistic skills while also enjoying the mental health benefits that artistic engagement brings.

Venue: Carrickmacross Branch Library  
Registration Closed as fully booked

Please email  
[libraryactivities@monaghancoco.ie](mailto:libraryactivities@monaghancoco.ie) to  
register your interest in similar events  
which may be held at a future date

Wednesday 11th  
October, 10am – 12pm

SOSAD: Self-care for new Mums. SOSAD in conjunction with Healthy Monaghan are delivering workshops for understanding the importance of nourishment postpartum. These workshops will be delivered for 4 weeks, commencing on the 11th October. Facilitated by Alexia Treanor, Nutritionist

SOSAD  
Registration required, please email  
[monaghan@sosadireland.ie](mailto:monaghan@sosadireland.ie) to confirm  
your place

Venue: St. Joseph's Pastoral Centre,  
Monaghan.

# Monaghan Wellness Week 9th – 13th October 2023

<u>Date</u>	<u>Events taking place</u>	<u>Event Details</u>
<p>Wednesday 11th October &amp; Thursday 12th October, 10 – 11:30am</p>	<p>“Creative Art Café” with Mary Scott - Monaghan County Libraries in conjunction with Healthy Monaghan are hosting a series of Creative Cafes to encourage social engagement through the medium of a creative outlet. Participants will benefit from learning a new artistic skills while also enjoying the mental health benefits that artistic engagement brings.</p>	<p>Monaghan Branch Library Registration Closed as fully booked Please email <a href="mailto:libraryactivities@monaghancoco.ie">libraryactivities@monaghancoco.ie</a> to register your interest in similar events which may be held at a future date</p>
<p>Thursday 12th October, 12 noon – 5pm</p>	<p>Clones FRC: Play Therapy for young children. Clones FRC in conjunction with Healthy Monaghan are delivering free Play Therapy for children aged from 3-12 years. Play Therapy is a therapeutic approach that utilises play as a means of communication and expression. It is widely recognised for its effectiveness in helping children overcome emotional, behavioural and social difficulties.</p>	<p>Booking is essential and limited places available. Call Angela Graham on 086 1785710 for more information or to make a booking</p>
<p>Thursday 12th October, 10 am – 12 pm</p>	<p>Writing for wellness - including gentle yoga breathing exercises and writing prompts to bring greater awareness and ease into our lives.</p>	<p>Iontas Centre, Castleblayney. Places limited. Registration – 087 770 2114 or email <a href="mailto:bmchugh@midl.ie">bmchugh@midl.ie</a> Light refreshments served.</p>

# **Monaghan Wellness Week 9th – 13th October 2023**

<u><b>Date</b></u>	<u><b>Events taking place</b></u>	<u><b>Event Details</b></u>
<b>Thursday 12th October, 11 am</b>	<b>Uno Club</b>	<b>Monaghan Library</b>
<b>Thursday 12th October; 7 – 9 pm</b>	<b>Cookery demonstration - Improve your wellbeing one meal at a time with guidance from Scullery Catering Ltd. Build your confidence in the kitchen with hints and tips from Michelle to help you make meal times a time for nourishment, wellbeing and social connectivity.</b>	<b>Scullery Catering Ltd, Carrickmacross Further details on registration. Places strictly limited- early booking advised. Registration and further details text or call Bernie – 087 770 2114 or email <a href="mailto:bmchugh@midl.ie">bmchugh@midl.ie</a></b>
<b>Thursday 12th October, 4pm-4:45pm &amp; 5pm – 5:45pm</b>	<b>Clones PEACE Link: Sensory Club - A Free therapists led Play and Social Group for Autistic Children The Peace Link, Clones in conjunction with Healthy Monaghan are currently running a Therapeutic Play and Social group for Autistic children (3 – 5 years). This has been developed and led by two Occupational Therapists</b>	<b>Clones PEACE Link Closed for registration as fully booked Please contact The Peace Link at 047 52638 to put your name on a waiting list for possible future courses.</b>

# **Monaghan Wellness Week 9th – 13th October 2023**

<u><b>Date</b></u>	<u><b>Events taking place</b></u>	<u><b>Event Details</b></u>
Thursday 12th October & Fri 13th October, 9am – 5pm	ASIST (Applied Suicide Intervention Skills Training). Free two-day training for adults in suicide first-aid. It is suitable for all kinds of caregivers - health workers, teachers, community workers.	Click the following link to book a place: <a href="https://bookwhen.com/suicidepreventiontrainingcho1/e/ev-sjkm-20230914093000">https://bookwhen.com/suicidepreventiontrainingcho1/e/ev-sjkm-20230914093000</a> Or contact Emer Mulligan for more information: <a href="mailto:emer.mulligan@hse.ie">emer.mulligan@hse.ie</a> or at 086 1717563
Friday 13th October, 9.30 -11.30 am every Friday for 6 weeks	<p>“Early Years (1-6 years) Parents Plus Parenting” - Venue: Latton Fingers and Toes Community Childcare Service. Six week course. Delivered through Parenting Monaghan in conjunction with Healthy Monaghan.</p> <p>Positive parenting uses techniques that work well for every child. These techniques will help you build and strengthen your relationship with your child to increase their happiness which leads to less stress for you.</p>	Registration essential Tel: 087 770 2114 or email <a href="mailto:parentingmonaghan@gmail.com">parentingmonaghan@gmail.com</a>
Friday 13th October, 9.30 am – 4 pm	Suicide or Survive: Free Wellness Workshop in the Creighton Hotel, Clones.	Click the following link to book a place: <a href="https://tinyurl.com/WWmona23">https://tinyurl.com/WWmona23</a>
Friday 13th October, 10.30 am – 1 pm	Are you a member of the Traveller community? If so please come along, relax and enjoy a cup of tea, scones and fresh cream with Ita Madden, Traveller mental health coordinator and Julie Duke, Traveller peer mental health support worker.	Teach na Daoine, Mullaghmatt, Co Monaghan Everyone is welcome so please join us!

# **Monaghan Wellness Week 9th**

**13th October 2023**

Monaghan Wellness Week is a collaboration between HSE Connecting for Life Cavan Monaghan, HSE Cavan Monaghan Mental Health Service, Mental Health Ireland, Monaghan County Council, Monaghan Libraries, Monaghan CYPSC, Monaghan Integrated Development, Cavan Monaghan Innovation Recovery and WCI Monaghan (formerly Dochas).

**Monaghan Wellness Week 9th – 13th October 2023**

*wellness*



**WEEK**

If you, or someone you know needs support, you can find information  
on

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

text Hello to 50808 or,

Freecall Samaritans on 116 123 for a listening ear.