

2013 PROGRAMME

LAOIS connects

28th September – 5th October 2013

www.laoiscommunityforum.ie/laoisconnects

Promoting
Positive Mental
Health & Wellbeing

laois
Community
Forum





ALL EVENTS ARE FREE UNLESS SPECIFICALLY STATED



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SATURDAY 28TH SEPTEMBER



THE SWAN 7K Walk

The Swan

Time: 11am
Venue: Assemble at Swan Cross
Contact: Padraig Fleming on 087 2801677 for more details

SUNDAY 29TH SEPTEMBER



KILLEEN 5K WALK

Killeen

Time: 10.30am
Venue: Assemble at Killeen Community Hall, beside School
Contact: Jody on 086 3646303 or Liam on 087 6471134



LUGGACURRAN 8K WALK

Luggacurran

Time: 11am
Venue: Assemble at Luggacurran Community Hall
Contact: Olive Lacey on 086 1567758



ROSSMORE 6.5K WALK

Rossmore

Venue: Assemble at Oisín Park
Time: 12.30pm
Contact: Pat Whelan on 086 1657435

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All events are
FREE unless
specifically stated.



MONDAY, 30TH SEPTEMBER



Caring for Carers Workshop

Portlaoise

- Details:** Workshop tailored to meet the needs of carers.
- Time:** 2pm – 5pm
- Venue:** Respond Community Centre, Millcourt, off Green Lane, Portlaoise
- Facilitators:** Finola Colgan, Mental Health Ireland
- Contact:** Alison Hackett, Carers Association
086 7957086 or Storm Powell, Laois Partnership Company 087 1775729.
- Pre Book:** Booking not necessary. Everyone welcome



Stress in our lives! How to Manage and Cope.

Portlaoise

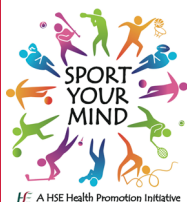
- Details:** This talk will be of interest to those who experience high levels of stress, worry, anxiety or who are feeling low and finding it difficult to cope. Practical tips and skills which can be immediately applied to life will be provided.
- Time:** 10.30am – 12 noon
- Venue:** Parish Centre Portlaoise
- Facilitators:** HSE Psychology Service for the Midlands
- Contact:** Triogue Community Mental Health Centre, on 057 8622925
- Pre Book:** Booking not necessary. Everyone welcome



Sport Your Mind Programme

Killenard

- Details:** ‘Sport Your Mind’ a HSE Health Promotion Initiative, is a Positive Youth Mental Awareness Programme for Community sports organisations delivered in partnership with Laois Sports Partnership. The programme includes:
Part 1 A Youth Mental Health information talk for Parents and Coaches
Part 2 A Positive Mental Health Session for young people (15yrs+)
Part 3 SafeTALK - Suicide alertness workshop (Parents and Coaches)
- Time:** 7pm – 8pm (Part 1) and 8pm-9pm (Part 2) (Part 3) to be arranged at a later date.
- Venue:** O’ Dempsey’s GAA Club, Killenard
- Facilitator:** Anthony O’ Prey - Health Promotion (OLDC and HSE)
- Contact:** Anthony O’Prey, Health Promotion (OLDC and HSE) M: 087 1785 685
E:sportyourmind@hse.ie
- Pre Book:** Everyone welcome. Booking not necessary
- See Official launch of ‘Sport your Mind Programme’ on Tuesday 1st October.*



Cyber Bullying and our Young People **Mountmellick**

Details: Information and advice for parents of secondary school students.
Time: 7.30pm - 9.30pm
Venue: Mountmellick Community School
Facilitator: Mary McGrath, School Health Promotion Officer (Athlone Education Centre and HSE)
Contact: Mary Mc Grath 090 6420400 or M: 087 7673127 or Mountmellick Community School 057 86 24220
Pre Book: Booking not necessary. Parents of all secondary school students welcome.

Creating Resilience in Families - **Portlaoise**

A community Response to Understanding Mental Health
BY DR. FERGUS HEFFERNAN

Details: Families have never been under so much pressure. Our family community is slowly but surely being eroded by globalism and models of Industry. We are becoming isolated in our own home, and this is leading to stress and depression. This talk looks at Creating Resilience in families through understanding the Mental Health of the Family.
Time: 8pm – 10pm
Venue: Cuisle Centre, Block Road, Portlaoise
Facilitator: Dr Fergus Heffernan, PhD Psychology, MSc Counselling Psychology and Family Therapies.
Contact: Cuisle Centre on 057 86 81492
Pre Book: Booking not necessary. Everyone welcome

Mark my Words! **Portlaoise**

Details: Relax and support your mental well-being through a creative evening of art making and writing with Angela Delaney and Niamh Boyce in Dunamais Gallery.
Time: 7pm – 9pm
Venue: Dunamais Arts Centre, Portlaoise
Facilitators: Angela Delaney (Artist, Curator & CNS in Art Therapy Inventions HSE) / Niamh Boyce (writer & artist)
Contact: Community & Enterprise Section, Laois County Council 057 86 64227 / 64107 or Storm Powell, Laois Partnership Company on 087 1775729
Pre Book: Booking Essential. Numbers limited

Depression, a pro active approach **Portarlington**

Details: Talk followed by questions and answer session
Time: 8pm – 9pm
Venue: Community Centre Portarlington
Facilitator: Dr Claire Hayes, Clinical Psychologist, Clinical director, AWARE,
Contact: Marie Corcoran, Portarlington Mental Health Association on 087 7589896 or Storm Powell, Laois Partnership Company on 087 1775729
Pre Book: Booking not necessary. Everyone welcome

TUESDAY, 1ST OCTOBER



SAFETALK

Stradbally

- Details:** A suicide alertness skills programme to prepare participants to identify persons who may be having thoughts of suicide and to then connect them to the appropriate resources and supports.
- Time:** 10am – 1pm
- Venue:** St. Mary's Hall, Stradbally
- Facilitator:** Josephine Rigney, HSE Suicide Prevention Resource Officer
- Contact:** Josephine Rigney on 086 8157850
- Pre Book:** Booking not necessary. Everyone welcome



Coping with Mental Illness in the Family Workshop

Portlaoise

- Details:** For family members of those suffering from mental ill health.
- Time:** 10.30am – 1pm
- Venue:** Beechaven Day Centre, St. Fintans, Portlaoise
- Facilitators:** Finola Colgan, Mental Health Ireland / Rita Kelly, HSE psychiatric services
- Contact:** Storm Powell, Laois Partnership Company on 087 1775729
- Pre Book:** Booking not necessary. Everyone welcome



The Secrets of Academic Giants – how to improve learning and self-development for teenagers

Portlaoise

- Details:** Based on the international best selling author and motivational speaker Nicholas Oiboh, this talk reveals how teenagers can improve their learning and study techniques and also helps self development and confidence.
- Time:** 11am – 12 noon
- Venue:** Portlaoise Library
- Facilitators:** Bernie Foran, Librarian / Suzanne Carroll, Laois County Council
- Contact:** Portlaoise library on 057 86 22333
- Pre Book:** Booking not necessary. Everyone welcome



Taking Control Workshop – SHINE Mountrath



Details: The Taking Control Workshop is about practical ways to face life challenges, maintaining and taking control of your physical and mental well-being.

Time: 9.30am – 4.30pm

Venue: Respond Community Centre, Kiln Lane, Mountrath

Facilitator: Karen Boylan, SHINE

Contact: Karen Boylan on 086 8525281 or e: kboylan@shineonline.ie

Pre book: Booking essential. Numbers limited



Promoting Mental Health in the Workplace

Portlaoise

Details: This talk will address the factors and effects of stress in working lives. It will help participants to deal with stress in the workplace and encourage well being.



Time: 11am -1pm

Venue: Portlaoise Parish Centre

Facilitators: John Farren and Assumpta Lyons, GROW

Contact: John Farren, GROW on 086 8033126

Pre Book: Booking not necessary. Everyone welcome



Official County Launch of 'Sport Your Mind' Programme

Laois

Details: Official Launch of the 'Sport your Mind' programme by Vice President of the Leinster Council, Mr. Martin Skelly.



'Sport Your Mind', a HSE Health Promotion Initiative, is a Positive Youth Mental Health Awareness Programme for community active sports organisations delivered in partnership with Laois Sports Partnership throughout Laois.

Time: 7:30pm

Venue: Portlaoise GAA Club Rathleague

Contact: Anthony O' Prey, Health Promotion (OLDC and HSE) m: 087 1785685 e: sportyourmind@hse.ie

Pre Book: Booking not necessary. Everyone welcome

All events are free unless specifically stated.

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TUESDAY, 1ST OCTOBER



Dealing with Debt -

Portlaoise

Practical Advice and Peace of Mind

By ROSS MAGUIRE, Senior Counsel and Founder of New Beginning

&

'Say Yes to Life' - By CHRISTY KENNEALLY,

Television scriptwriter, presenter, conference speaker and author of fifteen books including 'Say Yes to Life – Discover your Pathways to Happiness and Well being'.



Details:



Ross Maguire, New Beginning will give practical advice on financial options available to everyone.

Christy Kenneally will talk on discovering pathways to happiness and wellbeing.

Time: 8pm

Venue: Portlaoise Heritage Hotel, Portlaoise

Contact: Community & Enterprise Section, Laois County Council on 057 86 64227 / 64107

Hosted by: Portlaoise Lions Club

Pre Book: Not necessary. Everyone welcome



'Spirituality of Hope'

Portlaoise

Details: Embracing Light in times of Darkness

Time: 8pm – 9pm

Venue: Portlaoise Parish Centre

Facilitator: Fr. Paddy Byrne

Contact: Parish Centre, Portlaoise 057 86 21142

Pre Book: Booking not necessary. Everyone Welcome

WEDNESDAY, 2ND OCTOBER



Sustainability - the Men's Shed movement

Portlaoise

Details: Talk on Sustainability of Men's Sheds

Time: 2.30pm – 4.30pm

Venue: Treo Nua, Portlaoise Resource Centre, Harpurs Lane, Portlaoise

Facilitator: John Evoy, CEO Irish Men's Shed Association

Contact: Storm Powell, Laois Partnership Company on 087 1775729

Pre Book: Booking not necessary. Everyone welcome

****The launch of Portlaoise Men's Shed will follow the above talk at 4.30pm. Contact Ray Harte, Portlaoise Men's Shed at 0862624092**

WEDNESDAY, 2ND OCTOBER



Ageing Well

Mountmellick

- Details: Workshop exploring myths and challenges of ageing, hosted by Mountmellick Active Retirement Association.
- Time: 10.30am - 1pm
- Venue: Macra Hall, Mountmellick
- Facilitator: Finola Colgan, Mental Health Ireland
- Contact: Orla O' Byrne, Mountmellick ARA on 057 86 97256 or 087 6950402
Storm Powell on 087 1775729
- Pre Book: Booking not necessary. Everyone welcome. Refreshments will be served



Healthy Food for a Healthy Mind - Talk and Cookery Demonstration

Abbeyleix

- Details: The Food and Health programme is a HSE funded healthy eating programme run by Laois Partnership Company.
- Time: 10.30am – 12.30pm
- Venue: Respond Community Centre, Gort na nOir, Abbeyleix
- Facilitator: Food and Health Programme Facilitator
- Contact: Nuala Finnegan, Food and Health Programme on 087 7387611 or Storm Powell, Laois Partnership Company on 087 1775729.
- Pre Book: Booking not necessary. Everyone welcome



Laugh your worries away

Portlaoise

- Details: Yoga Laughter Workshop
- Time: 11.30am
- Venue: Portlaoise Parish Centre
- Facilitators: Laois Travellers Action group (LTAG)
- Contact: Aisling Duffy, LTAG on 057 86 82210 or Storm Powell, Laois Partnership Company on 087 1775729
- Pre Book: Booking not necessary. Everyone welcome



'Wally' – A film Documentary

Portlaoise

- Details: Featured on RTE, this film follows Portlaoise Rapper Wally O' Loughlin on his journey to survival after a suicide attempt.
- Time: 2pm
- Venue: Dunamais Arts Centre, Portlaoise
- Contact: Dunamais Arts Centre on 057 86 63355
- Pre Book: Booking not necessary. Everyone welcome

All events are free unless specifically stated.

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WEDNESDAY, 2ND OCTOBER

Portlaoise

Positive Mental Health – My own life experience

By ALAN QUINLAN,

Former Professional Rugby Player & Sports Commentator

‘Flagging Depression – the journey back to Mental Health’

By DR. HARRY BARRY,

G.P., Author, Media Commentator & Board Member of AWARE.

Details:

Alan Quinlan will give a talk on his own life experience and the importance of looking after your mental health and encourages people to seek help and be more open with family and friends. He will also emphasise the role that diet and exercise play in promoting positive mental health.

Dr. Barry will talk on the signs and symptoms of depression, holistic treatment and some suggested milestones back to recovery.



Time: 7.30pm

Venue: Portlaoise Rugby Club, Togher, Portlaoise

Contact: Community & Enterprise Section, Laois County Council on 057 86 64227 / 057 86 64107

Pre Book: Booking not necessary. Everyone welcome

Supported By



Stress Management Inside & Outside the Classroom

Laois

Details: Workshop for teachers

Time: 7pm

Venue: Laois Education Centre, Block Road, Portlaoise

Facilitators: Finola Colgan, Mental Health Ireland

Contact: Yvonne Nolan, Laois Education Centre
057 86 72400

Pre Book: Booking essential. Numbers Limited



Food for Thought - Cookery

Portlaoise

Demonstration With EDWARD HAYDEN, Chef, Author,
Featured on TV3's 'Ireland AM' Show

Details: Cookery Demonstration by Edward Hayden.
and talk on Mental Health with Dr. Katherine
Browne, Consultant Psychiatrist, Laois / Offaly
Mental Health Services, HSE

Time: 8pm

Venue: Telfords Portlaoise

Facilitator: Laois / Offaly Mental Health
Services, HSE

Contact: Joe Sheridan on 057 86 96932 for
tickets.

Tickets are €10 per person.

Pre Book: Everyone welcome. Refreshments provided.

Sponsored By TELFORDS
ELECTRIC



John Loneragan and a little help from my Friends

Portlaoise

Details: A unique workshop exploring the importance
of the cooperation in the creative process
and how it relates to a greater sense of
belonging, self-discovery and overall well-
being. This workshop is targeted at
Adults working with Young People
in a Youth Work or similar setting.

Time: 7pm – 10pm

Venue: Youth Café, JFL Avenue, Portlaoise

Facilitators: John Loneragan and Young People
from "I want to be in a Band"

Contact Joe Thompson, Youth Work Ireland
on 086 175 6714

Pre Book: Booking essential. Numbers limited.



THURSDAY, 3RD OCTOBER



Dance for Older People With Alicia Christofi-Walshe

Portlaoise

Details: Fun and social, guiding participants
through dance sequences that focuses on
maintaining flexibility, balance and co-
ordination. Elements of contemporary and
social dances. All exercises can be done either
seated or standing. All abilities welcome.

Time: 11am

Venue: Dunamais Arts Centre, Portlaoise

Facilitators: Alicia Christofi – Walshe

Contact: Dunamais Arts Centre on 057 86 63355
www.dunamais.ie

Pre Book: Booking not necessary. Everyone welcome.

Cost €5 per person (incl. Tea / Coffee)



All events are free unless specifically stated.

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THURSDAY, 3RD OCTOBER



SAFETALK

Borris-in-Ossory

Details: A suicide alertness skills programme to prepare participants to identify persons who may be having thoughts of suicide and to then connect them to the appropriate resources and supports.

Time: 10am – 1pm

Venue: St. Canice's Hall, Borris-in-Ossory

Facilitator: Josephine Rigney, HSE Suicide Prevention Resource Officer

Contact: Josephine Rigney on 086 815 7850

Pre Book: Booking not necessary. Everyone welcome



Enhancing Men's Mental Health **Rathdowney**

Details: Workshop focusing on issues for men

Time: 10am – 12.30pm

Venue: Rathdowney Mens Shed, Rathdowney

Facilitator: Finola Colgan, Mental Health Ireland

Contact: Pat Ryan, Rathdowney Men's Shed at 087 259 0504 or Storm Powell, Laois Partnership Company on 087 177 5729

Pre Book: Booking not necessary. Everyone welcome



The Power of Words – Healthy Reading at your local Library' **Mountmellick**

Details: Laois Libraries have a selection of books that can help you cope with everyday stresses and tap into your own skills and develop new ones. This talk explains how.

Time: 11am – 12 noon

Venue: Mountmellick Library

Facilitator: Bernie Foran, Librarian / Breda Connell, Laois County Council

Contact: Mountmellick Library on 057 86 44572

Pre Book: Booking not necessary. Everyone Welcome



Caring for Carers Workshop

Abbeyleix

Details: Workshop tailored to meet the need of carers.

Time: 7.30pm – 10pm

Venue: Respond Community Centre, Gort na nOir, Abbeyleix

Facilitators: Finola Colgan, Mental Health Ireland

Contact: Michael Gorman, Laois Down Syndrome Association on 086 8064135 or Storm Powell, Laois Partnership Company on 087 177 5729

Pre Book: Booking not necessary. Everyone Welcome

‘Developing your real self Top Transformation Tip’

Mountmellick

- Details:** Motivational Talk by Dr. Eddie Murphy, Clinical Psychologist as seen on RTE’s ‘Operation Transformation’.
- Time:** 8pm – 9.30pm
- Venue:** Mountmellick Community Arts Centre
- Facilitator:** Dr Eddie Murphy, Clinical Psychologist
- Contact:** Laois Sports Partnership on 057 86 71248
- Pre Book:** Booking not necessary. Everyone welcome.



Managing Adversity in Business & Surviving!

Motivational Talk by Tommy Murphy and Sean Dunne as seen on RTE’s ‘Taking Care of Business’

Abbeyleix

- Details:** Motivational Talk on driving through adversity and succeeding in business. Businesses who took part in the RTE programme, ‘Taking Care of Business’ will be present on the evening.
- Time:** 8pm – 10pm
- Venue:** Abbeyleix Manor Hotel, Abbeyleix
- Facilitators:** Tommy Murphy and Sean Dunne
- Contact:** Abbeyleix Manor Hotel on 057 87 30111
- Pre Book:** Booking not necessary. Everyone welcome



Teenage Zumba

Rathdowney

- Details:** Teenage fitness and fun to increase self confidence and positive body image
- Time:** 7pm to 8.30pm
- Venue:** Parochial Hall, Rathdowney
- Facilitator:** Sebastian Krzyształa
- Contact:** Sylvia Rouget, Laois Partnership Company 087 265 1706
- Pre Book:** Booking not necessary. Everyone welcome

All events are free unless specifically stated.

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FRIDAY, 4TH OCTOBER



Promoting Positive Mental Health in the Community

Portlaoise

- Details:** *Workshop One* - Promoting Positive Mental Health in the Community through GROW. This workshop will provide details of mental health supports available within your community.
- Workshop Two* - Your Local Mental Health Services –what’s on Offer. This workshop will outline a range of services provided by Triogue Community Mental Health Team and how to access these services
- Time:** *Workshop One* 11am to 12pm
Workshop Two 12pm to 1pm
- Venue:** Triogue Community Mental Health Services, Bridge Street, Portlaoise
- Facilitators:** John Farren (GROW) / Staff – Local Community Mental Health Team
- Contact:** John Farren on 086 803 3126
or Rita Kelly, Nurse Manager, Triogue Centre on 057 86 22 925
- Pre Book:** Booking not necessary. Everyone welcome



Let's Dance together

Portlaoise

- Details:** Music, Song and Dance session to encourage integration of community groups
- Time:** 11am – 12.30pm
- Venue:** Parish Centre, Portlaoise
- Facilitator:** Maureen Culleton
- Contact:** Storm Powell, Laois Partnership Company on 0871775729
- Pre Book:** Booking not necessary. Everyone welcome



Recreational Drumming Workshop

Portlaoise

- Details:** Enjoy the recreational and health benefits of this hand drumming activity with well-known Percussionist and Drum Therapist Eddie O’ Neill. All instruments provided, no previous experience necessary!
- Time:** 12.30pm
- Venue:** Parish Centre, Portlaoise
- Facilitator:** Eddie O’ Neill (Rhythm Retreats)
- Contact:** Eddie O’ Neill 087 9151134
Music Generation 057 86 64078
- Pre Book:** Booking necessary. Numbers limited. Everyone welcome

All events are free unless specifically stated.

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SATURDAY, 5TH OCTOBER



Healthy Mind, Healthy Body - Fun Walk **Emo** (4.5km)

Details: Dr. Eddie Murphy from RTE's 'Operation Transformation' will lead the walk in the grounds of Emo Court

Time: 11am

Venue: Commencing from EMO Village

Location: Emo (parking in grounds of Emo Community Centre)

Facilitators: Laois Sports Partnership

Contact: Laois Sports Partnership on 057 8671248

Pre Book: Everyone Welcome, registration from 10.30am at Emo Community Centre.



Coping with Loss

Rathdowney

Details: Workshop - a psychotherapist will present an approach that can help us heal the pain of loss and bereavement

Time: 10am to 1pm

Venue: Marian Hall, Rathdowney

Facilitator: Brian Johnston, MIAHIP

Contact: Madge Campion, Parish Centre, Rathdowney 0505 46282

Pre Book: Booking essential - Charge €5 per participant

Mon 2nd Sept - Mon 30th Sept

OTHER
EVENTS

Presented in conjunction with the HSE,
Laois Connects and Dunamaise Arts Centre.

Lets Connect (ART EXHIBITION)

Details: Exploring how visual art intersects and contributes to our health and well-being. This show bringing together national and international artists Brian Maguire, Geraldine O'Reilly and Éilis Crean, alongside artists using Laois Mental Health Services, looks at some of the significant connections between art and mental health.



Time: During opening hours

Venue: Gallery at Dunamaise Arts Centre, Church Street, Portlaoise

Facilitators: Angela Delaney, CNS in Art Therapy Inventions, HSE

Contact: 057 86 63355 www.dunamaise.ie

Pre Book: Booking not necessary. Everyone welcome.

GROW Gatekeepers

Portlaoise

Community Mental Health Promotion Programme

Details: A series of talks presented by GROW and aimed at raising awareness about mental health wellbeing in the community

Time: From the 8th of October for a series of talks.

Venue: Treo Nua, Knockmay, Portlaoise

Contact: 057 93 51124 for more information

**OTHER
EVENTS**

**LAOIS
connects**

Cròsstheine

A Programme developed and delivered to the students of Scoil Chríost Rí, Portlaoise, by four of their peers in Transition Year.

This TY mini-company project, based on 'peer-to-peer' youth mental health awareness, was created by four young people to help their fellow students let go of their fears and worries and develop the skills to move on from stressful situations. The pilot programme will for the first time, during the week of Laois CONNECTS, be delivered by four students from Scoil Chríost Rí to their peers in Mountmellick Community School.

Events at Dunamais Arts Centre

Dunamais Arts Centre is delighted to present further events programmed during Laois Connects to encourage positive mental health and well being. Films 'Samsara' and 'Skin In The Game', Decadent Theatre Company's production of 'Eden' by Eugene O'Brien and Pat Shortt's hilarious new show 'I Am The Band'.
Details from www.dunamais.ie 057 8663355.

For Further Information Contact:
Honor Deevy, Community & Enterprise Section,
Laois County Council, Portlaoise
T: 057 86 64107 / 64227
E: LaoisCommunityForum@laoiscoco.ie
www.laoiscommunityforum.ie/laoisconnects

Collaborative Organising Committee members:



Mental Health Ireland
Supporting Positive Mental Health



etb
Board of Education and Training
Education and Training Board



Every effort has been made to ensure that the details listed here are accurate. However, Laois Community Forum does not have control over changes to events planned by other organisations.