Promoting Positive Mental Health & Wellbeing

28th September – 5th October 2013

www.laoiscommunityforum.ie/laoisconnects
### SATURDAY 28TH SEPTEMBER

**THE SWAN 7K WALK**

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<thead>
<tr>
<th>Time</th>
<th>11am</th>
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<tbody>
<tr>
<td>Venue</td>
<td>Assemble at Swan Cross</td>
</tr>
<tr>
<td>Contact</td>
<td>Padraig Fleming on 087 2801677 for more details</td>
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</tbody>
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### SUNDAY 29TH SEPTEMBER

**KILLEEN 5K WALK**

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<tr>
<th>Time</th>
<th>10.30am</th>
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<tbody>
<tr>
<td>Venue</td>
<td>Assemble at Killeen Community Hall, beside School</td>
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<tr>
<td>Contact</td>
<td>Jody on 086 3646303 or Liam on 087 6471134</td>
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**LUGGACURRAN 8K WALK**

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<tr>
<th>Time</th>
<th>11am</th>
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<tr>
<td>Venue</td>
<td>Assemble at Luggacurran Community Hall</td>
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<tr>
<td>Contact</td>
<td>Olive Lacey on 086 1567758</td>
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**ROSSMORE 6.5K WALK**

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<th>Venue</th>
<th>Assemble at Oisin Park</th>
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<tr>
<td>Time</td>
<td>12.30pm</td>
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<tr>
<td>Contact</td>
<td>Pat Whelan on 086 1657435</td>
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All events are FREE unless specifically stated.

www.laoiscommunityforum.ie/laoisconnects
### Caring for Carers Workshop

**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.

**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

**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 I) 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.*
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.
SAFETALK
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
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
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
Promoting Mental Health in the Workplace

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

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**

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<tr>
<td><strong>Dealing with Debt – Practical Advice and Peace of Mind</strong></td>
<td>Dealing with Debt – Practical Advice and Peace of Mind By ROSS MAGUIRE, Senior Counsel and Founder of New Beginning &amp; ‘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 &amp; Enterprise Section, Laois County Council on 057 86 64227 / 64107 Hosted by: Portlaoise Lions Club Pre Book: Not necessary. Everyone welcome</td>
<td>8pm</td>
<td>Portlaoise Heritage Hotel, Portlaoise</td>
<td>Community &amp; Enterprise Section, Laois County Council on 057 86 64227 / 64107</td>
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<td><strong>‘Spirituality of Hope’</strong></td>
<td>‘Spirituality of Hope’ 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</td>
<td>8pm – 9pm</td>
<td>Portlaoise Parish Centre</td>
<td>Parish Centre, Portlaoise 057 86 21142</td>
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**WEDNESDAY, 2ND OCTOBER**

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<th>Details</th>
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<th>Venue</th>
<th>Contact</th>
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<td><strong>Sustainability – the Men’s Shed movement</strong></td>
<td>Sustainability – the Men’s Shed movement 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 <strong>The launch of Portlaoise Men’s Shed will follow the above talk at 4.30pm. Contact Ray Harte, Portlaoise Men’s Shed at 0862624092</strong></td>
<td>2.30pm – 4.30pm</td>
<td>Treo Nua, Portlaoise Resource Centre, Harpurs Lane, Portlaoise</td>
<td>Storm Powell, Laois Partnership Company on 087 1775729</td>
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**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.

**Healthy Food for a Healthy Mind - Talk and Cookery Demonstration**

**Abbyleix**

**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, Abbyleix

**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:** Dunamaise Arts Centre, Portlaoise

**Contact:** Dunamaise Arts Centre on 057 86 63355

**Pre Book:** Booking not necessary. Everyone welcome.

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All events are free unless specifically stated.

[www.laoiscommunityforum.ie/laoisconnects](http://www.laoiscommunityforum.ie/laoisconnects)
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

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 Demonstration

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.
Pre Book: Everyone welcome. Refreshments provided.

Cost: €10 per person.

Sponsored By

John Lonergan and a little help from my Friends

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 Lonergan 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.

Dance for Older People
With Alicia Christofi-Walshe

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: Dunamaise Arts Centre, Portlaoise
Facilitators: Alicia Christofi – Walshe
Contact: Dunamaise Arts Centre on 057 86 63355 www.dunamaise.ie
Pre Book: Booking not necessary. Everyone welcome. Cost €5 per person (incl. Tea / Coffee)

All events are free unless specifically stated.
www.laoiscommunityforum.ie/laoisconnects
**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

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**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

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**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

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**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

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**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.

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**Managing Adversity in Business & Surviving!**

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

Abbyleix

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: Abbyleix Manor Hotel, Abbyleix

Facilitators: Tommy Murphy and Sean Dunne

Contact: Abbyleix Manor Hotel on 057 87 30111

Pre Book: Booking not necessary. Everyone welcome.

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**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 Krzyształta

Contact: Sylvia Rouget, Laois Partnership Company 087 265 1706

Pre Book: Booking not necessary. Everyone welcome.

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All events are free unless specifically stated.

www.laoiscommunityforum.ie/laoisconnects
Let’s Dance together

**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 087 177 5729

**Pre Book:** Booking not necessary. Everyone welcome

Recreational Drumming Workshop

**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 087 915 1134 or Music Generation 057 86 64078

**Pre Book:** Booking necessary. Numbers limited. Everyone welcome

Promoting Positive Mental Health in the Community

**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
SATURDAY, 5TH OCTOBER

Healthy Mind, Healthy Body – Fun Walk (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
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
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
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
CrOssTheline

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 Dunamaise Arts Centre

Dunamaise 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.dunamaise.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:

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.