



KERRY

Mental Health
& Wellbeing

FEST

9th - 16th October 2021

**60 FREE ONLINE, IN-PERSON
AND RADIO EVENTS**

For more information check out
www.healthykerry.ie

 **@healthycountykerry**

 **@healthykerry**



The Healthy Ireland Fund supported by the Department of Health and the Department of Children, Equality, Disability, Integration and Youth.

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.

WELCOME!

The Kerry Mental Health and Wellbeing Fest is held annually over the course of a week to highlight World Mental Health Day on 10th October. It is organised by an interagency steering group made up of local agencies that support wellbeing in different ways.

The Fest aims to raise awareness of the available supports and services in the county as well as empower people to engage with the 'Five Ways to Wellbeing' through offering a dynamic and interactive programme of events.

With over 60 free events taking place across the county, for all age groups and abilities, we hope there is something of interest for everyone. Enjoy!

THE 5 WAYS TO WELLBEING

CONNECT

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and suits your level of mobility and fitness.

BE ACTIVE

TAKE NOTICE

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident and is fun.

KEEP LEARNING

GIVE

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Have an outward, as well as an inward focus. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding.

RADIO KERRY EVENTS



The Fest kicks off on the 9th October at 9.00am on Joe McGill's Saturday Supplement. Be sure to tune into Radio Kerry all week.

A range of guests will be featured on different shows throughout the schedule.

We will hear people sharing their personal stories and lived experience of mental health. We will also hear from professionals sharing ideas around how to practice self-care and the 'Five Ways to Wellbeing'. Local services will provide information on the supports available in Kerry.



EVENTS

To register for an event, contact the event organiser directly or use the registration live links provided. Registration is essential for many of the events listed.

For general enquiries 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.

Please note that all in-person events are subject to change or cancellation in line with COVID-19 restrictions. Participants will be notified directly by event organisers if events are changed or cancelled.

Saturday, October 9th

Event: Qigong Class

The practice of Qigong is an ancient Chinese practice that integrates breathing with body exercise. It uses simple movements to help the body realign itself physically and emotionally.

Venue: Killarney House Front Lawn, Muckcross Road, Killarney

Time: 10.00am

Who is it for: Suitable for everyone (15 - 20 people max.)

Organising Agency: Qigong Wellness

Register: Email Noreen Tobin at [e: ntobin70@gmail.com](mailto:ntobin70@gmail.com)

Social Media: Instagram @qigongwellness



Saturday, October 9th



Event: Medicinal Storytelling Workshop

Kerry Writers' Museum's Storyteller in Residence Maria Gillen will direct a storytelling workshop for young people aged 13 to 18 years. Participants will create an original story with Maria's support. The aim of the workshop is to provide an opportunity for participants to express themselves through creativity and to promote positive mental health.

Venue: Online - Zoom

Time: 10.00am - 12.00 noon

Who is it for: Young people aged 13 - 18 years old (*15 people max.*)

Organising Agency: Kerry Writers' Museum

Register: Email Kerry Writer's Musuem at **e:** kerrywritersmuseum@gmail.com

Social Media: Facebook - www.facebook.com/KerryWritersMuseum

Instagram - www.instagram.com/kerrywritersmuseum

Event: Yoga Session

Yoga is a physical, mental, and spiritual practice that originated in India. The ultimate goal of practicing yoga is to attain tranquillity in the mind and spirit, and making this goal achievable by means of yoga poses and meditation. This beginner session will involve light stretches, basic yoga poses and breathing exercises.

Venue: Rossbeigh Beach

Time: 12.00 noon

Who is it for: People of all ages and abilities. Please bring your own yoga mat. (*25 people max.*)

Organising Agency: Bridget Moriarty of Yoga in Kerry

Register: Email Joanne Lawlor at **e:** jo.m.lawlor@gmail.com

Website: <https://kerrymacra.com/>



Saturday, October 9th



Event: Take the Stress out of Career Planning & Career Change

Join Niamh Dwyer from My Career Plan for this talk that will cover what should be considered when planning the next stage of your career and practical suggestions to help you progress and develop in your career. It will also explore what may be holding you back from making career decisions and will provide tips to help you to navigate a change of career.

Venue: Online - Zoom **Time:** 12.00pm - 1.00pm

Who is it for: Adults aged 18+

Organising Agency: South Kerry Development Partnership (SKDP)

Register: Email Mairead O'Sullivan SICAP Education Officer at **e:** mosullivan@skdp.net

Website: www.mycareerplan.ie

Event: Coffee Morning with LINC

Our weekly coffee mornings in Kerry offer the opportunity for lesbian and bisexual women to meet and connect with each other.

Venue: Maddens Coffeeshouse, Tralee **Time:** 12.00pm - 2.00pm

Who is it for: Lesbian and bisexual women aged 18+

Organising Agency: LINC

Website: www.linc.ie

Event: A Talk About the Practice of Spiritual Wellbeing



We talk a lot about mental wellbeing, and rightly so, but there is an added aspect that many people neglect and that is spiritual wellbeing. Why should we worry about spiritual matters? Because we are made with a heart and soul that loves and that also needs to be cared for.

Venue: St. Mary's (Church of Ireland), Kenmare Place, Killarney, Kerry. V93 CD00 (opposite Town Hall). The event will also be live-streamed on Church Services TV and recorded on St. Mary's Church YouTube Channel.

Time: 3.00pm

Who is it for: This talk is for all those who are interested in spiritual matters (*not just Christians*), or who have been put off by organised religion. It is suitable for adults.

Organising Agency: St. Mary's Church

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

Website: www.churchofthesloes.ie

Saturday, October 9th

Event: Sense of Place. Nature Walk and Place Names

Tá faile romhat – you are welcome to come along on a relaxed guided nature walk, with a focus on place names based on nature, trees and the history of land use. Bring along your own place name from where you live or where your ancestors lived. Learn about and begin to understand our sense of place and belonging to the land through nature and the Irish language, an Gaeilge. This walk will be bilingual – with both Irish and English being used. Do not worry if you do not have any Irish, hopefully you learn cúpla focal on the day!

Venue: An Gortbreac Thoir, Trálí, Co. Chiarraí. V92 YC52

Time: 3.00pm - 4.00pm

Who is it for: Adults aged 18+ (*10 people max.*) Please note: No dogs allowed. As walk will be outdoors, please wear appropriate clothes for the weather. Boots or wellies advisable!

Organising Agency: Nature Wild Gardens

Register: <https://fb.me/e/2CrZIV8n7>

Website: www.naturalwildgardens.ie



October 10th is World Mental Health Day

Sunday, October 10th

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: Killarney National Park, Ross Castle Woods **Time:** 11.00am - 12.30pm

Who is it for: Adults aged 18+ (12 people max.)

Organising Agency: The Nature Hub

Register: <https://buytickets.at/thenaturehub/556052>

Website: www.thenaturehub.ie

Event: 'Show Castleisland Cares' Wellness Day

This is to showcase the services and supports available in the area including alternative therapies, sports and fitness, nutrition, hobbies and other mental health and wellness supports.

Venue: An Riocht, Castleisland **Time:** 11.00am - 2.00pm

Who is it for: Family friendly event with fun outdoor activities for children.

Organising Agency: NEWKD and Show Castleisland Cares Community Group

Contact: Phone or email Orla Casey at **t:** 087 363 1387

e: showcastleislandcares@yahoo.com

Event: Austin Stacks Members and Community Gathering

To encourage social activity within our community and to promote positive wellbeing both physically and mentally, the club has scheduled a walk up the Skinny Mile and down Caherslee, returning to Austin Stacks GAA Grounds for coffee and a community gathering.

Venue: Austin Stack GAA Club, Tralee **Time:** 11.00am

Who is it for: Club members and wider community

Organising Agency: Austin Stacks GAA Club, Tralee

Contact: Email Mike Casey at **e:** infomikecasey@gmail.com

Sunday, October 10th

Event: Kerins O'Rahillys' Family Fun Day

Join for us a day filled with street leagues, fun games, a puppet show, magic, balloon animals, face painting, arts & crafts, a talk on youth mental health by Jigsaw Kerry for adolescents, a barbecue (weather permitting) and more!

Venue: Healy Park, Ballyrickard GAA Pitch, Tralee, Co. Kerry. V92 E264

Time: 2.00pm

Who is it for: All members of the community/children

Organising Agency: Kerins O' Rahilly Juvenile and Ladies Club

Register: Email Shirley Doody at [e: korladiessec@gmail.com](mailto:e.korladiessec@gmail.com)



Monday, October 11th



Event: New Life Chapter

A one hour workshop online delivered by Nutshell Education and Training focusing on women who are about to start a new chapter in their lives. The topics covered will include; finding purpose and meaning, goal setting, a healthy mindset and learning self-compassion.

Venue: Online - Zoom

Time: 1.00pm - 2.00pm

Who is it for: Women aged 18+

Organising Agency: South Kerry Development Partnership (SKDP)

Register: Email Mairead O'Sullivan SICAP Education Officer at
e: mosullivan@skdp.net

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Event: Laughter Yoga

Laughter Yoga is an exercise routine that is sweeping the world and is a complete wellbeing workout. Anyone can laugh for no reason without relying on humour, jokes, or comedy and one can feel the benefits on the very first session! We will initiate laughter as a body exercise in a group, with eye contact and childlike playfulness. Laughter Yoga is a combination of deep breathing exercises from yoga and laughter exercises, which oxygenates our body and brain, making us feel healthier and more energetic.

Venue: Castlemaine Community Centre, Tralee Rd, Castlemaine

Time: 2.00pm - 3.00pm

Who is it for: People of all abilities aged 10+ (*10 people max.*)

Organising Agency: Maine Valley Family Resource Centre

Register: Email Lisa Foley at **e:** mainevalleyfrc@eircom.net

Websites: **Maine Valley FRC:** www.mainevalley.ie

Laughter Yoga: <https://laughteryogaireland.org/workshops/>



Monday, October 11th

Event: Family Nature Connection Walk

Join environmental educator and ecologist, Cathy Eastman, for a trek around the woods to get in touch with nature and see the many ways it enhances our wellbeing, keeps us alive and helps us thrive.

Venue: Ballyseedy Woods, Tralee, South Carpark

Time: 3.30pm - 5.00pm

Who is it for: Families/Parents and Toddlers (12 people max.)

Organising Agency: Biodiversity Partners

Register: <https://kerryforestconnections.clr.events/event/131225:family-nature-connection-walk>

Social Media: Kerry Nature Play /Facebook and Forest Connections Kerry/Facebook

Event: Hy-Breasal Drama Group Present "Coffee Stories"

Three short stories set in a coffee shop by Frank Houlihan, local actor and playwright.

Venue: The beautiful Geodesic dome, Moyderwell Allotment, Tralee

Time: 6.00pm

Who is it for: Open to all. (Limited places)

Organising Agency: NEWKD and Transition Kerry

Register: Email **e:** transitionkerry2020@gmail.com

Event: Women and Finance



Join Norma O'Neill Collins from Fealeside Financial Services for a talk on women and finances that will cover women's life cover, illness cover, health insurance, savings and retirement.

Venue: Online - Zoom

Time: 6.30pm - 7.30pm

Who is it for: Women aged 18+

Organising Agency: South Kerry Development Partnership (SKDP)

Register: Email Mairead O'Sullivan
SICAP Education Officer at **e:** mosullivan@skdp.net



Monday, October 11th

Event: Guided Meditation and Gentle Yoga for Men

A taster session on meditation and some yoga stretches for men.

Venue: Nave Yoga

Time: 7.00pm - 8.00pm

Who is it for: Men aged 18+

Organising Agency: Killarney Men's Shed

Register: Contact Éadaoin Moynihan at **m:** 087 1906450
or George Kelly at **m:** 087 2489501



Tuesday, October 12th



Event: Valuing Volunteers

A workshop that provides practical self-care tips and tricks for volunteers.

Venue: The Brehon Hotel, Killarney

Time: 10.00am - 11.30am

Who is it for: Anyone currently involved in volunteering (*20 people max.*)

Organising Agency: South Kerry Development Partnership and Kerry Volunteer Centre

Register: <https://www.eventbrite.ie/e/valuing-volunteers-practical-self-care-workshop-tickets-162645672585>

Contact: Éadaoin Moynihan SKDP **m:** 087 190 4650
Geraldine O'Sullivan, KVC **t:** 066 711 7966

Event: IPS – The Road to Employment



This 30 minute event will give an overview on the very successful Individual Placement and Support (IPS) service in Kerry. IPS is an international model of Employment Support for people with enduring mental health difficulties.

Venue: Online

Time: 10.00am - 10.30am

Who is it for: Employers, Relevant Agency Personnel and Interested Members of the Public

Organising Agency: Kerry EmployAbility Service & Cork Kerry Community Healthcare

Register: Email Miriam Ryan at **e:** miriam@employabilitykerry.com

Social Media: <https://www.facebook.com/employabilitykerry/>

Tuesday, October 12th

Event: Iyengar Yoga Session



Yoga session for all levels that will focus on alignment of the body, strength, flexibility and breath. A wall and a belt will be used.

Venue: Online via Zoom or in-person at Yoga Seomra, Seanscoil, Sunhill, Killorglin (*Restrictions dependent*)

Time: 10.00am - 11.00am

Who is it for: Anyone aged 16+ of any ability

Organising Agency: Yoga in Kerry

Register: Text or Whatsapp your details/queries to **m:** 087 658 1947

Website: www.yogainkerry.com

Social Media: Instagram @bridgetmoriarty

Event: Emotional Freedom Techniques. Cast Breathing, Pilates and Mindfulness



Experience a simple practice to reduce stress, tension, procrastination and pain, and to eliminate unhealthy eating habits.

Venue: Online - Zoom

Time: 10.30am - 12.30pm

Who is it for: Anyone aged 18+

Organising Agency: South Kerry Development Partnership with facilitator Lesley MacVean

Register: Call Mary on **m:** 087 341 6341 or **e:** mgallagher@skdp.net or Leslie MacVean on **m:** 087 634 1438 or **e:** lesleymacvean@gmail.com

Event: Men's Walk

A gentle walk followed by a guest speaker presenting on men's health & wellbeing.

Venue: A beach in Waterville

Time: 11.00am

Who is it for: Retired rural men aged 65 - 75 in the Cahersiveen and the South Kerry area

Organising Agency: South Kerry Development Partnership (SKDP)

Register: DJ Moran (SKDP Rural Men's Outreach Officer) on **e:** djmoran@skdp.net or call on **m:** 087 747 3404

Tuesday, October 12th

Event: Coming Back to Life... Practices to Reconnect Our Lives

This session will introduce people to practices that will inspire and motivate them to embrace the challenges we face in a rapidly changing world. The workshop is informed by Joanna Macy's "Work that Reconnects".

Venue: In the beautiful Geodesic dome, Moyderwell Allotments, Tralee

Time: 11.00am - 12.00pm or 1.00pm - 2.00pm (*choose a session that suits you*)

Who is it for: Over 18's (*limited places*)

Organising Agency: NEWKD in association with Mary Kiernan

Register: Email **e:** mary@emergentsynergies.ie

Event: Looking after our Women's Health



This event is an open discussion led by Hannah O'Connor, Community Development Worker with LINC Out Kerry, and Ciara Mulcahy, Community Health Worker with LINC, on Lesbian and Bisexual women's physical, social, mental, emotional, and sexual health. During this event, we will explore women's health through the lens of queer women and the unique experiences, and health and wellbeing needs of the community.

Venue: Online - Zoom

Time: 6.00pm - 7.30pm

Who is it for: Lesbian and bisexual women aged 18+ and healthcare professionals

Organising Agency: LINC

Register: Email Hannah O'Connor at **e:** hannah@linc.ie

Website: www.linc.ie

Event: Growing Health and Wellbeing



Learn the benefits of gardening for your wellbeing and positive mental health. Learn how to care for your garden during the winter months while caring for yourself.

Venue: Online - Zoom

Time: 7.00pm - 8.15pm

Who is it for: Anyone with an interest in growing food

Organising Agency: South Kerry Development Partnership (SKDP)

Register: Email Mairead O'Sullivan SICAP Education Officer at **e:** mosullivan@skdp.net

Tuesday, October 12th



Event: Breakthrough - Whose Life Are You Living? Living From the Inside-Out

It is not what happens between people that is the cause of conflict, but what happens within each person – whether the conflict is between husband and wife, mother and child, father and child, friend and friend, teacher and student or manager and employee. Dr. Tony Humphreys will demonstrate how the source of human suffering is in not having been given the opportunity to tell our story and how the telling of our story is the breakthrough to living our lives from the inside-out. Dr. Tony Humphreys is a psychologist, author, lecturer and international speaker.

Venue: Online - Zoom

Time: 7.30pm - 9.00pm

Who is it for: Over 18's

Organising Agency: NEWKD in association with Dr. Tony Humphreys

Register: <https://www.eventbrite.ie/e/breakthrough-whose-life-are-you-living-delivered-by-dr-tony-humphreys-tickets-167711059293>

Website: <http://www.tonyhumphreys.ie/>

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Event: Breathing for Better Resilience

A workshop to teach you how to enhance your breathing to promote better resilience to deal with the challenging times we are in. Enjoy a calmer day and a more peaceful sleep.

Venue: Listowel Community Centre

Time: 7.00pm - 8.30pm

Who is it for: People of all ages

Organising Agency: Eoin Burns Breathing Coach

Register: <https://www.eventbrite.co.uk/e/breathing-for-better-resilience-tickets-167483735361>

Website: www.breathingcoach.ie

Tuesday, October 12th



Event: Adolescent Master Class - Connecting your Intellectual Intelligence (IQ) with Emotional Intelligence (EQ) for success

This two hour workshop will explore the difference between IQ and EQ, the relevance of EQ for leadership skills and jobs, how mental wellness and EQ are connected and how you can make the connection between your thoughts, emotions/feelings and behaviours. Margaret will also cover how to use language to identify emotions and how to name the need underneath. Participants will also build a wellness toolbox.

Venue: Online - Zoom

Time: 7.00pm - 9.00pm

Who is it for: Adolescents aged 16 to 18 years (12 people max.)

Organising Agency: Margaret Gilbert Parent and Adolescent Coach
@Changingtracks4life

Register: margaretgilbertlifecoach.com/adolescent-coaching/

Website: www.margaretgilbertlifecoach.com



Wednesday, October 13th

Event: Coffee Morning

Join us for a neighbourhood meet-up.

Venue: Ballyspillane Community Family Resource Centre

Time: 10.00am

Who is it for: Residents of the Ballyspillane Estate (*Max. number of people restriction dependent*)

Organising Agency: Ballyspillane Residents Association

Contact: Email **e:** ballyspillane.ra@gmail.com

Event: Kerry Peer Support Network (KPSN) – Who We Are



KPSN is a safe and welcoming space for anyone over 18 with any emotional or mental health issues. We focus on recovery and education. Join us to find out more about the support we offer.

Venue: Online - Zoom

Time: 10.30am - 11.30am

Who is it for: Anyone 18+

Organising Agency: Kerry Peer Support Network (KPSN)

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

Event: Emotional Freedom Techniques. Cast Breathing, Pilates and Mindfulness



Experience a simple practice to reduce stress, tension, procrastination and pain, and to eliminate unhealthy eating habits.

Venue: Online - Zoom

Time: 10.30am - 12.30pm

Who is it for: Anyone aged 18+

Organising Agency: South Kerry Development Partnership with facilitator Leslie MacVean

Register: Call Mary on **m:** 087 341 6341 or **e:** mgallagher@skdp.net or Leslie MacVean on **m:** 087 634 1438 or **e:** lesleymacvean@gmail.com

Wednesday, October 13th

Event: One Good Adult Workshop



This one hour workshop explores mental health, the importance of young people having at least one supportive adult in their lives and practical approaches to promoting and supporting young people's mental health.

Venue: Online - Zoom

Time: 2.30pm - 3.30pm

Who is it for: Parents of young people aged 12 to 25, and any adult working or volunteering with this age cohort

Organising Agency: Jigsaw Kerry

Register: Email Caoimhe Keogan at **e:** caoimhe.keogan@jigsaw.ie

Event: Body Image and Social Media



Delivered by Harriet Parsons, Training & Development Manager from Bodywhys the national voluntary organisation supporting people affected by eating disorders. In this talk, Harriet will discuss eating disorders, with a focus on thinking about body image and navigating the world of social media and the pressures people feel from these areas of their lives.

Venue: Online - Zoom

Time: 7.00pm - 8.30pm

Who is it for: Anyone supporting someone or concerned about someone with an eating disorder.

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

Register: <https://www.eventbrite.ie/e/bodywhys-deliver-a-talk-on-body-image-and-eating-disorders-tickets-167715107401>

Website: <https://www.bodywhys.ie/>

For info on PAC, the local support group for people caring for a person with an Eating Disorder, please contact Joyce Russel on **m:** 0873843692

Wednesday, October 13th



Event: Masterclass for Parents/Guardians - Fostering Emotional Intelligence in Young Children

This two hour workshop will explore how emotional regulation is the foundation of mental health, wellness, and relationships. Margaret will cover the 3 R'S of regulation, how to support rather than manage children's emotions, helping children manage their emotions to promote resilience, using a Non-Violent resistance approach to resisting the invitation to escalate and remaining the anchor function through self-regulation. In addition, parents will also build their own wellness toolbox and be provided with tips and tricks for helping children identify and own their emotions.

Venue: Online - Zoom

Time: 7.00pm - 9.00pm

Who is it for: Parents of children aged 6 - 12 years (20 people max.)

Organising Agency: Margaret Gilbert Parent and Adolescent Coach
@Changingtracks4life

Register: margaretgilbertlifecoach.com/health-and-wellness-workshops/

Website: www.margaretgilbertlifecoach.com

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Event: Self- Love Is Not Selfish - It's Essential for Mental Health



Do you find yourself constantly comparing yourself to others? Do you worry about other's opinions? Do you allow yourself make mistakes? Give some time and attention to the most important person in your life - YOU. This workshop provides tips and tools on how to get you started! Delivered by Brenda Healy; MA in Personal and Management Coaching, MA in Education, Advanced Level Mental Health Recovery Facilitator.

Venue: Online - Zoom

Time: 7.30pm - 8.30pm

Who is it for: Over 18's

Organising Agency: NEWKD in association with Brenda Healy

Register: Email at **e:** heallyoung@yahoo.com

Wednesday, October 13th

Event: Naturally Nurtured - Finding Balance in Autumn



Join Maeve of Ebb & Flow Yoga for a nourishing workshop to help maximise your energy and motivation throughout Autumn. This workshop includes a seasonal yoga practice, a mini meditation, journaling and more. Find peace, calm and a deeper connection and understanding of how to find your balance this season and (re)connect with nature within a supportive online community of like minded people.

Venue: Online - Zoom

Time: 8.00pm - 9.00pm

Who is it for: Anyone aged 18+. No yoga experience necessary. It is recommended that to participate you will be able to get up and down from the floor with relative ease for your yoga practice. Not suitable for pregnant mums-to-be (sorry Mamas).

Organising Agency: Ebb and Flow Yoga

Register: <https://www.ebbflowyoga.ie/events>

Contact: Email Maeve Ferris at **e:** ebbflowyogaireland@gmail.com

Website: www.ebbflowyoga.ie

Event: Courageous Conversations



A conversational style event on the importance of networking and connecting as women in the community. The event will include music and poetry.

Venue: Online - Zoom

Time: 7.30pm - 9.00pm

Who is it for: Women 18+ years

Organising Agency: The Phoenix Women's Centre

Register: Email Margaret Crean at **e:** info@phoenixwomenscentre.ie

Thursday, October 14th



Event: Creative Wellbeing Workshop for All Mothers

This workshop is for mothers to have some precious "me-time". It will include mindfulness and creative exercises to connect to a deeper sense of wellbeing.

Venue: Online - Zoom

Time: 10.00am - 11.00am

Who is it for: Open to all mothers aged 18+

Organising Agency: Silke Michels

Register: Email Silke Michels at [e: smichels69@gmail.com](mailto:smichels69@gmail.com)

Website: <https://linktr.ee/silkecoach>

Event: Breathing for Better Resilience, Better Sleep and Long-Covid Recovery

A workshop to teach you how to enhance your breathing to promote better resilience to deal with the challenging times we are in. Enjoy a calmer day and a more peaceful sleep.

Venue: Tralee Town Park, Denny Street entrance to park, Tralee, Co. Kerry

Time: 11.30am - 1.00pm

Who is it for: People of all ages

Organising Agency: Eoin Burns Breathing Coach

Register: <https://www.eventbrite.co.uk/e/breathing-for-better-resilience-better-sleep-long-covid-recovery-tickets-167484389317>

Website: www.breathingcoach.ie

Thursday, October 14th

Event: Emotional Freedom Techniques. Cast Breathing, Pilates and Mindfulness



Experience a simple practice to reduce stress, tension, procrastination and pain, and to eliminate unhealthy eating habits.

Venue: Online - Zoom **Time:** 10.30am - 12.30pm

Who is it for: Anyone aged 18+

Organising Agency: South Kerry Development Partnership with facilitator Lesley MacVean

Register: Call Mary on **m:** 087 341 6341 or **e:** mgallagher@skdp.net
or Leslie MacVean on **m:** 087 634 1438 or **e:** lesleymacvean@gmail.com

Event: Qigong Class



A simple routine of easy movements combined with the breath and mind focus to create the conditions whereby the Qi (energy) can flow more freely throughout your body and mind so that you come back into a natural, balanced state of health. Think of this as a 'moving meditation'.

Venue: Online - Zoom

Time: 4.00pm - 4.45pm

Who is it for: Suitable for anyone of any age or physical ability as exercises can be adapted to individual needs

Organising Agency: Chinese Medicine Clinics Kerry

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

Contact: Email Dr. Janice Tucker at **e:** info@drjanicetucker.com for more info

Website: <https://spacetorelax.com/> and <https://drjanicetucker.com/>

Event: Nutrition for Women after 40



Join Áine Coleman, nutritionist, for a talk on healthy eating tips for perimenopause and menopause and how to make changes in your diet to help you positively manage the symptoms of perimenopause and menopause.

Venue: Online - Zoom

Time: 7.00pm - 8.00pm

Who is it for: Women aged 40+

Organising Agency: South Kerry Development Partnership

Register: Email Mairead O'Sullivan SICAP Education Officer on **e:** mosullivan@skdp.net

Thursday, October 14th



Event: Online Qigong Class

The practice of Qigong is an ancient Chinese practice that integrates breathing with body exercise. It uses simple movements to help the body realign itself physically and emotionally.

Venue: Online – Google Meet

Time: 7.30pm

Who is it for: Suitable for everyone (*Max. 100 people*)

Organising Agency: Qigong Wellness

To join the class please click on this link: meet.google.com/bkh-bgjj-mtx

Social Media: Instagram @qigongwellness



Friday, October 15th



Event: Creative Wellbeing Workshop for All Mothers

This workshop is for mothers to have some precious "me-time". It will include mindfulness and creative exercises to connect to a deeper sense of wellbeing.

Venue: Online - Zoom

Time: 10.00am - 11.00am

Who is it for: Open to all mothers aged 18+

Organising Agency: Silke Michels

Register: Email Silke Michels at **e:** smichels69@gmail.com

Website: <https://linktr.ee/silkecoach>

Event: Minceirs Whiden

A workshop to discuss the mental health impacts of Covid 19 on Travellers of all ages in Co. Kerry.

Venue: Aras an Phobail, Community Room, Deans lane, Tralee V92CRW8

Time: 10.00am - 1.00pm

Who is it for: Members of the Traveller community in Co. Kerry

Organising Agency: Kerry Travellers Health and Community Development Project

Register: Email Andy Walker at **e:** andykhcdp@gmail.com

Website: <https://kerrytravellersproject.wordpress.com/>

Event: Interactive Outdoor Event with NEWKD YEI Youth Employment Service

Find our NEWKD stand in the Square and share your 'Five Ways to Wellbeing' ideas with us. We will compile a list and share them on our social media.

Venue: The Square, Listowel

Time: 10.00am - 2.00pm

Who is it for: Everybody

Organising Agency: NEWKD

Contact: Call Louise Lyons on **t:** 068 23429

Social Media: Instagram: <https://instagram.com/newkdnews>

Facebook: <https://m.facebook.com/NorthEastKerryDevelopment>

Twitter: <https://twitter.com/NEWKDNews>

Friday, October 15th

Event: A Walk Around Tralee Together

This walk will be led by Tralee International Resource Centre (TIRC) volunteer English teacher and Director, Sylvia Thompson.

Venue: Meeting at TIRC, 13-14 St. Patricks Bungalows, Boherbee, Tralee

Time: 10.30am - 11.30am

Who is it for: Open to all ages. Sport shoes or walking shoes.

Organising Agency: TIRC, Tralee International Resource Centre

Register: Call TIRC at **t:** 066 712 7918

Website: <https://tirc.ie/>

Event: Let's Talk about Menopause



Dr. Caoimhe Hartley, GP & menopause specialist, will discuss what is occurring in the body, the impact of hormonal changes, understanding and managing symptoms, HRT/ non-hormonal options and the mental health issues that can be experienced during the menopause. The talk will be followed by a Q&A session.

Venue: Online - Zoom

Time: 11.00am - 12.00pm

Who is it for: All women interested in the topic of perimenopause and menopause

Organising Agency: South Kerry Development Partnership

Register: Email Mairead O'Sullivan SICAP education Officer at **e:** mosullivan@skdp.net

Event: Self Care for One Good Adult Workshop



This workshop aims to build greater awareness of the importance of looking after your 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.

Venue: Online - Zoom

Time: 2.30pm - 3.30pm

Who is it for: Parents of young people aged 12 to 25, and any adult working or volunteering with this age cohort

Organising Agency: Jigsaw Kerry

Register: Email Caoimhe Keogan at **e:** caoimhe.keogan@jigsaw.ie

Friday, October 15th

Event: A Talk About the Practice of Spiritual Wellbeing



We talk a lot about mental wellbeing, and rightly so, but there is an added aspect that many people neglect and that is spiritual wellbeing. Why should we worry about spiritual matters? Because we are made with a heart and soul that loves and that also needs to be cared for.

Venue: St. Mary's (Church of Ireland), Kenmare Place, Killarney, Kerry. V93 CD00 (opposite Town Hall). The event will also be live-streamed on Church Services TV and recorded on St. Mary's Church YouTube Channel.

Time: 3.00pm

Who is it for: This talk is for all those who are interested in spiritual matters (not just Christians), or who have been put off by organised religion. It is suitable for adults.

Organising Agency: St. Mary's Church

Contact: e: rector@churchofthesloes.ie

Website: www.churchofthesloes.ie

Event: Positive Wellbeing Workshop Incorporating the 'Five Ways to Wellbeing'



The workshop highlights the importance of the 'Five Ways to 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: Kerry Diocesan Youth Service (KDYS), EurOg Youth Centre, Killarney

Time: 3.30pm - 5.30pm (If online, the event will be from 6.30pm - 8.30pm)

Who is it for: 12 - 14 year olds (12 people max. if in-person and 24 people if online)

Organising Agency: KDYS Youth Information

Register: Email Karen Burke at e: karenburke@kdys.ie

Website: www.kdys.ie

Friday, October 15th



Event: A Talk About Bereavement, Self-Care and Walking with Others in their Grief

Delivered by Shirley O'Sullivan, Integrative Humanistic Counsellor. In grief as in life each person walks their own path. The trauma of grief affects everyone in different ways and at different stages and so supporting ourselves and others in grief is extremely difficult. Just as there is no right way to grieve there is no formula for coping and supporting others through it. Care and compassion towards ourselves and others does however build resilience and allows space within grief to explore ways to cope and heal.

Venue: Online - Zoom

Time: 7.00pm - 8.15pm

Who is it for: For anyone grieving or for anyone supporting a friend or loved one through their grief.

Organising Agency: NEWKD and the Kerry Bereavement Support group in association with Shirley O'Sullivan

Register: Email Lorraine at **e:** lorrainebowler@newkd.ie

Contact: For more info on the Kerry Bereavement Support group you can contact Gillian Tobin **t:** 089 416 7397. New members always welcome.

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Event: Positive Wellbeing Workshop Incorporating the 'Five Ways to Wellbeing'

The workshop highlights the importance of the 'Five Ways to Wellbeing' through experiential learning. The session lasts two hours and includes five sections with activities focused on Connecting, Being Active, Taking Notice, Keep Learning and Giving.

Venue: Kerry Diocesan Youth Service Youth Centre, Denny Street, Tralee

Time: 7.00pm - 9.00pm (If online, the event will be from 6.30pm - 8.30pm)

Who is it for: 15 - 18 year olds (*12 people max. if in-person/ 24 young people if online*)

Organising Agency: KDYS Youth Information

Register: Email Karen Burke at **e:** karenburke@kdys.ie

Website: www.kdys.ie

Saturday, October 16th

Event: You Have A Choice – In Fact You Have Many Choices

Why not choose to learn just a little about addiction and some of the challenges it brings to your life? Why not attend our free session to learn more.

Venue: The Grove, Abbeylands, Ardfert, Co. Kerry. V92 D438

Time: 10.00am - 11.00am

Who is it for: Anyone who wants to learn a little more about addiction and the services provided by The Grove, Ardfert.

Organising Agency: The Grove

Register: Call the Grove on **t:** 066 714 1511 by 5.00pm Monday to Thursday

Website: www.thegrove.ie

Event: Qigong Class

The practice of Qigong is an ancient Chinese practice that integrates breathing with body exercise. It uses simple movements to help the body realign itself physically and emotionally.

Venue: KDYS Tralee, Denny Street, Tralee

Time: 11.00am

Who is it for: Suitable for everyone (*15 - 20 people max.*)

Organising Agency: Qigong Wellness

Register: Email Noreen Tobin at **e:** ntobin70@gmail.com

Social Media: Instagram [@qigongwellness](https://www.instagram.com/qigongwellness)

Event: Getting To Know What Is All Around Us

In Moyderwell Allotment, we will open our eyes to the precious plants and habitats living within our urban spaces.

Venue: Moyderwell Allotment, Tralee

Time: 11.00am -11.45am or 12.00pm -12.45pm (*chose whichever session you want*)

Who is it for: Over 18's...those interested in the wonders of our natural world

Organising Agency: NEWKD in association with Transition Kerry

Register: Email Transition Kerry at **e:** transitionkerry2020@gmail.com

Saturday, October 16th



Event: A (Virtual) Vision Board & Journaling Workshop

With Meave Ferris. Happiness & The Law of Attraction. Uncovering the benefits of regular journaling & how it supports positive mental health & emotional wellbeing. Receive top tips on how to create a regular journaling habit. Get guidance on how to set powerful goals. Learn how to undertake the project of creating your own vision board.

Venue: Online - Zoom

Time: 10.00am -12.00pm

Who is it for: Over 18's

Organising Agency: NEWKD in association with Maeve Ferris

Register: <https://www.ebbflowyoga.ie/events/2021/4/17/kerrymhwfestworkshopoct21>

Website: www.ebbflowyoga.ie

<https://m.facebook.com/ebbandflowyoga.ie>

<https://www.instagram.com/ebbflowyoga.ie/>

Event: Suaimhneas Shinrin-Yoku

Mindful movement with the Japanese Shinrin Yoku is a way of wandering through woodlands and forests and immersing in the full experience of nature. It's an opportunity to connect back to ourselves, to take in the stillness surrounding us and find inner calm. Bridget Condon, a qualified guidance counsellor with experience in positive psychology, mindfulness stress reduction and Shinrin Yoku, will guide the session.

Venue: Killarney National Park

Time: 12.00 noon

Who is it for: Anyone aged 18+ (*8 people max.*)

Organising Agency: Killorglin Family Resource Centre

Register: Email the centre at **e:** killorglinfamilycentre@gmail.com

Saturday, October 16th

Event: Interactive Outdoor Event with NEWKD YEI Youth Employment Service

Find our NEWKD stand in the Square and share your 'Five Ways to Wellbeing' ideas with us. We will compile a list and share them on our social media.

Venue: The Square, Tralee

Time: 12.00am - 2.00pm

Who is it for: Everybody

Organising Agency: NEWKD

Register: No registration required. Contact person Louise Lyons t: 068 23429

Social Media: Instagram: <https://instagram.com/newkdnews>

Facebook: <https://m.facebook.com/NorthEastKerryDevelopment>

Twitter: <https://twitter.com/NEWKDNews>





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5 Ways over 5 days
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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

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

**If you are in crisis please contact your local GP.
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