



# KERRY

Mental Health  
& Wellbeing

# FEST

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

**70 FREE ONLINE, OUTDOOR  
AND RADIO EVENTS ORGANISED**

*For more information check out...*

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

 **@healthycountykerry**

 **@healthykerry**



Rialtas na hÉireann  
Government of Ireland



COIMMUNITY MENTAL HEALTHCARE  
CORCAIGH CIARRAÍ  
CORK KERRY  
COMMUNITY HEALTHCARE

your  
mental  
healthie  
Information | Support | Services



Connecting for Life  
Kerry



pobal  
government supporting communities



Healthy  
Kerry



**Coiste Forbartha Pobail  
Áitiúil Chiarraí  
Kerry Local Community  
Development Committee**



INSTITUTE OF TECHNOLOGY  
**TRALEE**  
INSTITIÚID TEICNEOLAÍOCHTA TRÁ LI



**SOUTH KERRY DEVELOPMENT  
PARTNERSHIP CLG.**

**JIGSAW  
KERRY**  
Young people's  
health in mind



**Kerry Mental Health  
Association**



**Social Inclusion &  
Community Activation  
Programme**



**Rialtas na hÉireann  
Government of Ireland**



**EUROPEAN UNION  
Investing in your future  
European Social Fund**

The Healthy Ireland Fund supported by the Department of Health and the Department of Children and Youth Affairs.

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.

# 5 WAYS TO WELLBEING

Time and time again, scientific studies have shown us that if we regularly practice the following activities, our mental health and wellbeing could improve.

We can all make active and deliberate choices about changing the state in which we find ourselves. We just need to begin.

## 5 Ways to Wellbeing COPING WITH COVID

### CONNECT



Lend an ear  
Lend a hand  
Talk instead of messaging  
Share experience

### BE ACTIVE



Move your body  
Move your mood

### TAKE NOTICE



Be curious & be aware  
How are you feeling?  
How are others feeling?  
What can you change?

### LEARN SOMETHING NEW



Surprise yourself  
With what you can do!

### GIVE



Your time    your effort  
Your focus    your kindness



Connecting for Life  
Cork & Kerry

SCAN FOR  
SUPPORTS  
VIDEOS, ADVICE &  
MINDFULNESS  
EXERCISES





# CLICK AND CONNECT

FOR MENTAL HEALTH AND WELLBEING, SUPPORT, INFORMATION AND MORE...

## Connecting for Life Connecting with help & support



Scan our QR CODEs to go straight to our information pages



Information & resources  
[yourmentalhealth.ie](http://yourmentalhealth.ie)



5 Ways over 5 days  
Coping with Covid



Cork

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

Working in partnership to coordinate and promote a shared understanding for the delivery of mental health promotion in Cork and Kerry

Health & Wellbeing,  
Cork Kerry Community Healthcare



Kerry

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



October 10<sup>th</sup> is World Mental Health Day

## EVENTS

**All events are FREE and registration is essential.** To register for an event, contact the organiser directly or use the registration links provided below. For general inquiries about the Kerry Mental Health and Wellbeing Fest, please email [kerrymhwhfest20@gmail.com](mailto:kerrymhwhfest20@gmail.com).

If attending an event please adhere to public health guidelines. Please wear a face covering where appropriate and respect physical distancing.

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### Saturday, October 10<sup>th</sup>



**Event: Photography Competition**

Take a photo of yourself in your 'happy place' wearing a green ribbon and tag Macra na Feirme to win a €20 One4All Voucher! Please use #kerrymacra #KerryMHWfest as tags.

**Venue:** Facebook and Instagram

**Date:** Saturday, October 10th – Saturday, October 17th – *winner announced on October 18th*

**Who is it for:** Everyone!

**Organising Agency:** Macra na Feirme

**Register:** Joanne Lawlor **m:** 083 8712412

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**Radio Event: Saturday Supplement**



Listen in to hear all that relates to Mental Health and Wellbeing in Kerry on Saturday from 9am with Joe. Guests will share their personal stories and professionals will give advice on how to practice self-care and wellness.

**Venue:** Radio Kerry 96-97 FM outside broadcast from Manor Shopping Centre

**Date:** Saturday October 10th, 9.00am-11.00am

**Who is it for:** Public

**Organising Agency:** Kerry Mental Health and Wellbeing Fest Committee



### **Event: Family Mindfulness**

At this time in our lives more than ever we need to find time to pause and to steady ourselves. Mindfulness offers us an opportunity to support ourselves with compassion if feeling overwhelmed. In this workshop, mindfulness techniques will be shared in a fun way with families that they can do together to promote wellbeing.

**Venue:** Online – Zoom

**Date:** Saturday October 10th, 10.00am – 10.30am

**Who is it for:** Parents & Carers & Children 5 to 10 years

**Organising Agency:** South West Counselling in association with Mindful Parenting Advice

**Register: e:** [info@mindfulparentingadvice.ie](mailto:info@mindfulparentingadvice.ie)

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### **Event: Yoga**

Outdoor yoga in Muckross Park. Face masks are mandatory and contact tracing forms will be made available online and must be completed by all attendees. Great for anyone who wants to clear their head or try something new!

**Venue:** Muckross Park, Killarney

**Date:** Saturday October 10th, 11.00am – 12 noon

**Who is it for:** Everybody (*15 people max*)

**Organising Agency:** Macra na Feirme

**Register:** Joanne Lawlor **m:** 083 8712412

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### **Event: Yoga on the beach**

**Venue:** Banna Beach (*weather permitting*) or via Zoom

**Date:** Saturday October 10th, 11.00am – 12 noon

**Who is it for:** Suitable for all levels. Booking essential, for full details and to book visit <https://ebbflowyoga.punchpass.com/classes/6681715>

**Organising Agency:** NEWKD in association with Ebb & Flow Yoga

**Register:** Maeve Ferris **m:** 087 3679132

**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:** Demesne, National Park, Killarney (*entrance across from the Cathedral*)

**Date:** Saturday October 10th, 3.00pm – 4.30pm

**Who is it for:** 18 years + For those experiencing stress or anxiety and anyone interested in the practice of Forest Therapy (*12 people max*)

**Organising Agency:** The Nature Hub

**Register:** <https://buytickets.at/thenaturehub/421144>

For more information, e: [kerry@thenaturehub.ie](mailto:kerry@thenaturehub.ie)

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**Event: Festival in a Van**

The van hosts musicians for a thirty-minute musical performance, fifteen minutes traditional Irish music and fifteen minutes classical music, designed to lift spirits and allow reflection, inspired by the joy of music. An audience of 20 seated outdoors is catered for, adhering to social distancing and safety guidelines. No bookings, seating is on a first come first serve basis.

**Venue:** The Courthouse of Killarney House

**Date:** Saturday October 10th, Start times: 12 noon, 2.00pm and 4.00pm

**Who is it for:** The public

**Organising Agency:** Kerry County Council Arts Office in association with Creative Ireland Kerry

**Register:** See @KerryCoArts on Facebook and Twitter



# Sunday, October 11<sup>th</sup>

## **Event:** Walk with Killarney Men's Shed

Walk with Killarney Men's Shed in Killarney National Park and with Cormac Foley, former Superintendent of Killarney National Park. Meeting in the Muckcross House car park at 9.30am. Followed by refreshments.

**Venue:** Killarney National Park

**Date:** Sunday October 11th, 9.30am – 11.30am

**Who is it for:** Everyone

**Organising Agency:** Killarney Men's Shed and South Kerry Development Partnership

**Register:** George Kelly (*Killarney Men's Shed*) **m:** 087 2489501 or Éadaoin Moynihan (*SKDP*) **m:** 087 1906450

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## **Event:** 'Yoga for Kids' – 4 to 8 years

Yoga Kids Kerry is an interactive, fun and healthy way to encourage mindfulness, creativity, mental focus, and physical flexibility in children and early teens. Combining yoga with activities designed to promote self awareness & social inclusion and play. Due to Covid 19 regulations please bring your own mat and bottle of water. Namaste!

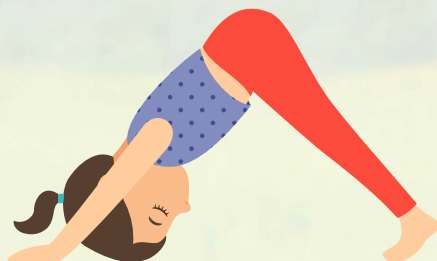
**Venue:** Tralee Town Park (*weather permitting*)

**Date:** Sunday October 11th, 10.45am – 12 noon

**Who is it for:** Children aged 4 - 8 years (*max. 12*)

**Organising Agency:** Kerry Volunteer Centre

**Register:** Siobhan Johnston **t:** 066 7117966 or **e:** [siobhan@volunteerkerry.ie](mailto:siobhan@volunteerkerry.ie)





## **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:** Tralee, Ballyseedy Woods

**Date:** Sunday October 11th, 11.30am – 1.00pm

**Who is it for:** 18 years + For those experiencing stress or anxiety and anyone interested in the practice of Forest Bathing (*12 people max*)

**Organising Agency:** NEWKD in association with The Nature Hub

**Register:** <https://buytickets.at/thenaturehub/421125>

For more information, **e:** [kerry@thenaturehub.ie](mailto:kerry@thenaturehub.ie)

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## **Event: Wellbeing Workshop for Women**



What supports your wellbeing? Learn some mindfulness skills to de-stress and re-fuel your energy.

**Venue:** Online – Zoom

**Date:** Sunday October 11th, 2.00pm – 3.00pm

**Who is it for:** Women/Mothers of all ages (*10 people max*)

**Organising Agency:** Mindful Coaching-Empowering Women

**Register:** Silke Michels on **e:** [smichels69@gmail.com](mailto:smichels69@gmail.com) or **m:** 087 6418184





## **Event:** Transition into Autumn - Restorative Yoga and Guided

### **Relaxation in Changing Times**

This workshop is all about finding some peace, a little bit of down-time just for you. Given the stress and uncertainty of these last few months, grant yourself the time to step out of the day to day and surrender to being still, to pause and take notice of how you feel, how you're doing in all of this. You will need: a Yoga mat, pillows, cushions and blankets.

**Venue:** Online – Zoom

**Date:** Sunday October 11th, 7.00pm – 7.45pm

**Who is it for:** Over 18s

*Not suitable for pregnancy. Participants must be able to get up and down off their floor with ease.*

**Organising Agency:** Ebb & Flow Yoga Therapy

**Register:** <https://us02web.zoom.us/meeting/register/tZUqcumhrjovH9Kki5rSUc1-oeCf9F5Pdc8E>

For more information, **e:** [ebbflowyogaireland@gmail.com](mailto:ebbflowyogaireland@gmail.com)



# Monday, October 12<sup>th</sup>



## **Radio Event: Just a Thought**

Each day during Kerry MHW Fest we will share a thought with you on Just a Thought to nurture and encourage listeners to take a moment to reflect, rest and reconnect with themselves and their wellbeing.

**Venue:** Radio Kerry 96-97 FM

**Date:** Monday October 12th, 7.30am and 12 noon

**Who is it for:** Public

**Organising Agency:** Kerry Mental Health and Wellbeing Fest Committee

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## **Radio Event: Talkabout with Deirdre Walsh**



Don't miss out on daily insights into the 5 Ways to Wellbeing with Deirdre. Each day will focus on a individual pillar of wellbeing and how we can integrate wellness into our daily routine and living.

**Venue:** Radio Kerry 96-97 FM

**Date:** Monday October 12th, 1.30pm – 3.00pm

**Who is it for:** Public

**Organising Agency:** Kerry Mental Health and Wellbeing Fest Committee

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## **Radio Event: In Business with Mary Mullins**



Make sure to tune into Mary Mullins, 'In Business Show' to learn all about the importance of wellbeing in the workplace and to how we as colleagues, businesses and employers can nurture wellbeing in our own workplaces.

**Venue:** Radio Kerry 96-97 FM

**Date:** Monday October 12th, 6.00pm – 7.00pm

**Who is it for:** Public

**Organising Agency:** Kerry Mental Health and Wellbeing Fest Committee



**Event: Forging ahead with Hope, Courage and Love**

With Life Coach, Astrid Longhurst. This talk will be specifically focused on members of our international community to help them vision ahead at this challenging time as they integrate into life in Kerry - with hope, courage and love!

**Venue:** Online- Zoom

**Date:** Monday October 12th, 6.00pm – 7.00pm

**Who is it for:** The international community and anyone who would like to join in.

**Organising Agency:** Tralee International Resource Centre (TIRC)

**Register:** **t:** 066 7127918 or **e:** reception@tirc.ie

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**Event: Walk with Sneem Men's Shed**

Walk with Sneem Men's Shed in the Sneem GAA grounds.

**Venue:** Sneem GAA Grounds

**Date:** Monday October 12th, 7.00pm – 8.30pm

**Who is it for:** Everyone

**Organising Agency:** Sneem Men's Shed and South Kerry Development Partnership

**Register:** Éadaoin Moynihan (*SKDP*) **m:** 087 1906450



# Tuesday, October 13<sup>th</sup>



## **Radio Event: Just a Thought**

Each day during Kerry MHW Fest we will share a thought with you on Just a Thought to nurture and encourage listeners to take a moment to reflect, rest and reconnect with themselves and their wellbeing.

**Venue:** Radio Kerry 96-97 FM

**Date:** Tuesday October 13th, 7.30am and 12 noon

**Who is it for:** Public

**Organising Agency:** Kerry Mental Health and Wellbeing Fest Committee

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## **Event: Iyengar Yoga Class**



An Iyengar Yoga class online, tailored to meet the needs of a beginner or mixed level student. The session will cover a range of movement, Yoga poses, asana with integrated breath work. This will involve warm up, strength building, cool down, relaxation and deep rest.

**Venue:** Online - Zoom

**Date:** Tuesday October 13th, 10.00am – 11.00am

**Who is it for:** Anyone 18 years + (*with no serious underlying health conditions*)

**Organising Agency:** Yoga in Kerry

**Register:** Bridget Moriarty **m:** 087 6581947 or **e:** yogainkerry@yahoo.com

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## **Event: The Wellbeing Benefits to Volunteering**



Did you know 65% of volunteers report an increase in improved self-esteem? We all know that helping others makes us feel happier, but did you know that studies have shown volunteers live longer lives, have less disease and better overall health? Interested? Pop online to meet Siobhan and hear about how volunteering impacts health and wellbeing and how you can get involved locally.

**Venue:** Online – Zoom

**Date:** Tuesday October 13th, 11.00am – 12 noon

**Who is it for:** Everyone interested in volunteering aged 18 years +

**Organising Agency:** Kerry Volunteer Centre

**Register:** Siobhan Johnston on **t:** 066 7117966 or **e:** siobhan@volunteerkerry.ie



### **Event: One Good Adult Workshop**

This workshop will look at building understanding of mental health and what influences it, the importance of young people having One Good Adult in their lives for their mental health, and how we can promote and support youth mental health. It will be followed by a 30 minute question and answer session with a member of the clinical team of Jigsaw Kerry.

**Venue:** Online – Zoom

**Date:** Tuesday October 13th, 11.00am – 12.30pm

**Who is it for:** Parents or guardians and any adult working/volunteering with or supporting young people.

**Organising Agency:** Jigsaw Kerry

**Register:** <https://zoom.us/meeting/register/tJcrd-qhqj8tG9c3LMJVOifWcIn5GkWHwMj>

If you would like more information, **e:** [kerry@jigsaw.ie](mailto:kerry@jigsaw.ie)

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### **Event: Setting Boundaries at Work Workshop**

This workshop will help participants to identify their current boundaries at work, and the boundaries of others. It will also help identify the need for boundaries where necessary, to design boundaries and to design a strategy for what to do if your boundaries are not respected or are crossed.

**Venue: Online:** Online – Zoom

**Date:** Tuesday October 13th, 1.00pm – 1.45pm

**Who is it for:** Employees, HR Managers, Managers and public members

**Organising Agency:** South Kerry Development Partnership in association with Nutshell Training and Education

**Register:** SKDP Education Officer, Mairéad O'Sullivan **e:** [mosullivan@skdp.net](mailto:mosullivan@skdp.net)  
or **m:** 087 9631935

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### **Radio Event: Talkabout with Deirdre Walsh**

Don't miss out on daily insights into the 5 Ways to Wellbeing with Deirdre. Each day will focus on a individual pillar of wellbeing and how we can integrate wellness into our daily routine and living.

**Venue:** Radio Kerry 96-97 FM

**Date:** Tuesday October 13th, 1.30pm – 3.00pm

**Who is it for:** Public

**Organising Agency:** Kerry Mental Health and Wellbeing Fest Committee



### **Event: Laughter Yoga**

Our Laughter Yoga facilitator Mary will deliver a session whereby all participants will be guided through techniques that will create laughter without relying on humour, jokes, or comedy. Mary will end the session with a short meditation to ground the participants as the session turns into real and contagious laughter.

**Venue:** Online – Zoom

**Date:** Tuesday October 13th, 2.00pm – 3.00pm

**Who is it for:** All ages (*100 participants Max*)

**Organising Agency:** Maine Valley Family Centre

**Register:** Maine Valley Family Centre **m:** 087 3694169

or **e:** annafsw.mainevalley@gmail.com

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### **Event: One Good Adult Workshop**

This workshop will look at building understanding of mental health and what influences it, the importance of young people having One Good Adult in their lives for their mental health, and how we can promote and support youth mental health. It will be followed by a 30 minute question and answer session with a member of the clinical team of Jigsaw Kerry.

**Venue:** Online – Zoom

**Date:** Tuesday October 13th, 4.00pm – 5.30pm

**Who is it for:** Parents or guardians and any adult working/volunteering with or supporting young people.

**Organising Agency:** Jigsaw Kerry

**Register:** <https://zoom.us/meeting/register/tJUucOmqrj0iGNwjAJnRCIpsgLGa7DiimXlj>

If you would like more information, **e:** kerry@jigsaw.ie





## **Radio Event: In Business with Mary Mullins**

Make sure to tune into Mary Mullins, 'In Business Show' to learn all about the importance of wellbeing in the workplace and to how we as colleagues, businesses and employers can nurture wellbeing in our own workplaces.

**Venue:** Radio Kerry 96-97 FM

**Date:** Tuesday October 13th, 6.00pm – 7.00pm

**Who is it for:** Public

**Organising Agency:** Kerry Mental Health and Wellbeing Fest Committee

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## **Event: Supporting a Person with an Eating Disorder**



Harriet Parsons, Training and Development Manager with Bodywhys, The Eating Disorders Association of Ireland, will discuss how to understand an eating disorder so that if you are concerned about someone, or are supporting a person with an eating disorder, you will have a better understanding of how to support them.

**Venue:** Online- Zoom

**Date:** Tuesday October 13th, 7.00pm – 8.30pm

**Who is it for:** If you are concerned about someone, or are supporting a person with an eating disorder.

**Organising Agency:** NEWKD and Parent Action and Care in association with Bodywhys

**Register:** e: [lorrainebowler@newkd.ie](mailto:lorrainebowler@newkd.ie)

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## **Event: Interested in Changing Your Life for the Better?**



### **Harness the Power of Habits: Practical Tools to Shape the Life You Want.**

You will learn techniques for self-discovery, as that is where all self-development must begin. Get a handle on the real sources of stress and distress in your life so you don't waste time solving the wrong problem. The workshop will give you a toolkit to get started with this process, and some skills to see it through.

**Venue:** Online – Zoom

**Date:** Tuesday October 13th, 8.00pm – 9.15pm

**Who is it for:** Anyone interested in improving their habits and their lives.

**Organising Agency:** Maggie O'Sullivan Life Coach

**Register:** e: [maggieosullivangraham@gmail.com](mailto:maggieosullivangraham@gmail.com)

# Wednesday, October 14<sup>th</sup>



## **Event: Just a Thought**

Each day during Kerry MHW Fest we will share a thought with you on Just a Thought to nurture and encourage listeners to take a moment to reflect, rest and reconnect with themselves and their wellbeing.

**Venue:** Radio Kerry 96-97 FM

**Date:** Wednesday October 14th, 7.30am and 12 noon

**Who is it for:** Public

**Organising Agency:** Kerry Mental Health and Wellbeing Fest Committee

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## **Event: Financial Wellbeing**



This programme looks at how it is not about how much you earn, it is knowing how to manage your money, managing your day to day finances and being able to cope in money terms when something unexpected happens. The programme is delivered by John Quinlan (BA, MSc, MBA).

**Venue:** Online – Zoom

**Date:** The course takes place over 3 sessions, commencing on Wednesday Oct 14th, followed by Oct 28th and Nov 4th. All between 10.30am and 11.30am, followed by a 30 min Q&A.

**Who is it for:** Anyone who wants to proactively manage their money.

**Organising Agency:** NEWKD with John Quinlan

**Register:** Email your name and phone number to **e:** [training@newkd.ie](mailto:training@newkd.ie)

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## **Event: Mincéirí - Minding Our Nooks During Covid 19**



A panel discussion will take place on mental health in the Traveller Community. The importance of celebration of Traveller identity, culture and history to the mental health and wellbeing of Travellers of all ages will be central to the discussion.

**Venue:** Online – Facebook Live from KTHCDP Facebook Page

**Date:** Wednesday October 14th, 11.00am

**Who is it for:** Traveller adults, teenagers, parents and service providers

**Organising Agency:** Kerry Travellers Health and Community Development Project

**Register:** Brigid Quilligan **e:** [projectmanagerkthcdp@gmail.com](mailto:projectmanagerkthcdp@gmail.com)



### **Event: Mindfulness Taster Session**

The session will provide you with some time out for yourself. It will be interactive and informative and will introduce you to a number of simple mindfulness practices that can be incorporated into your daily life.

**Venue:** Online – Zoom - take part from the comfort of our own home!

**Date:** Wednesday October 14th, 11.00am – 12.15pm

**Who is it for:** Any member of the public over 18 years (*25 people max*)

**Organising Agency:** Susan Barrett Mindfulness

**Register:** <https://us02web.zoom.us/meeting/register/tZEqcO-hqz4vHtR8NyU821h5JPN1esbXd0i>

For more information, **e:** [susanbarrettmindfulness@gmail.com](mailto:susanbarrettmindfulness@gmail.com)  
or on **m:** 087 2838171

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### **Event: A Short history of the Kerry Peer Support Network**



A talk detailing the services that the Kerry Peer Support Network including; Recovery Meetings, Peer Leader Training, Positive Thought for the Day text message service, WRAP® Workshops and WRAP® Facilitator Training. Learn what WRAP stands for and how to sign up for trainings.

**Venue:** Online – Zoom

**Date:** Wednesday October 14th, 11.30am – 12.15pm

**Who is it for:** Anyone over 18 years

**Organising Agency:** Kerry Peer Support Network (KSPN)

**Register:** **e:** [kpsninfo@gmail.com](mailto:kpsninfo@gmail.com)



## **Event: Forest Therapy**



Online presentation of the Art and Science of Forest Therapy to gain an understanding on this practice. Forest Therapy is grounded in the Forest Bathing practice of sensory connection, effortless attention and immersing the senses in the forest atmosphere. It is an evidence based practice that originated in Japan in the 1980's. Topics covered on the day include: The Origins of Forest Therapy and Forest Bathing; the research, theory and practice in this area; and integrating Forest Therapy into your work and day to day life.

**Venue:** Online – Zoom with Kerry Walker from the Nature Hub

**Date:** Wednesday October 14th, 1.00pm – 2.00pm

**Who is it for:** For health care professionals, social workers or anyone that may work with people dealing with stress and anxiety.

**Organising Agency:** The Nature Hub

**Register:** <https://buytickets.at/thenaturehub/421152>

For more information, e: [kerry@thenaturehub.ie](mailto:kerry@thenaturehub.ie)

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## **Event: The Science of Happiness at Work**



This workshop will help participants to learn about some of the latest research in the 'Science of Happiness at Work', why it matters and how our happiness can be increased using some evidence-based practices.

**Venue:** Online – Zoom

**Date:** Wednesday October 14th, 1.00pm – 1.45pm

**Who is it for:** Employees, HR Managers, Managers and public members

**Organising Agency:** South Kerry Development Partnership in association with Nutshell Training and Education

**Register:** SKDP Education Officer, Mairéad O'Sullivan e: [mosullivan@skdp.net](mailto:mosullivan@skdp.net) or m: 087 9631935

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## **Event: Wellbeing Workshop for Women**



What supports your wellbeing? Learn some mindfulness skills to de-stress and re-fuel your energy.

**Venue:** Online – Zoom

**Date:** Wednesday October 14th, 2.00pm – 3.00pm

**Who is it for:** Women/Mothers of all ages (*10 people max*)

**Organising Agency:** Mindful Coaching-Empowering Women

**Register:** Silke Michels on e: [smichels69@gmail.com](mailto:smichels69@gmail.com) or m: 087 6418184



## **Radio Event: In Business with Mary Mullins**

Make sure to tune into Mary Mullins, 'In Business Show' to learn all about the importance of wellbeing in the workplace and to how we as colleagues, businesses and employers can nurture wellbeing in our own workplaces.

**Venue:** Radio Kerry 96-97 FM

**Date:** Wednesday October 14th, 6.00pm – 7.00pm

**Who is it for:** Public

**Organising Agency:** Kerry Mental Health and Wellbeing Fest Committee

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## **Event: Before Bed Time Yoga**

A gentle Yoga class designed to help you unwind, relax and to set you up for a great night's sleep. Perfect for slowing down a busy mind & tired body. You'll need a Yoga mat, blanket and a pillow.

**Venue:** Online - Zoom

**Date:** Wednesday October 14th, 7.00pm – 8.00pm

**Who is it for:** Suitable for all levels

**Organising Agency:** NEWKD in association with Ebb & Flow Yoga

**Register:** <https://us02web.zoom.us/meeting/register/tZ0od-irqD0pHd1zqNnlfKkglIWST4BfgcJO>

For more information, e: [ebbflyogaireland@gmail.com](mailto:ebbflyogaireland@gmail.com)

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## **Event: Finding our Tribe in All Weathers**

This workshop will aim to help you find answers to the following questions; Who is your tribe? How has Covid impacted on you and your tribe? Where to from here? How can we move through uncertainty? What has Covid taught us? How can we stay close to our tribe? Join us in the company of guest speakers & spoken word poetry.

**Venue:** Online – Zoom

**Date:** Wednesday October 14th, 7.00pm – 9.00pm

**Who is it for:** Women over 18 years (*100 people max*)

**Organising Agency:** NEWKD in association with KWIN, Kerry Women's Interactive Network.

**Register:** e: [annkennelly@newkd.ie](mailto:annkennelly@newkd.ie)



# Thursday, October 15<sup>th</sup>



## **Radio Event: Just a Thought**

Each day during Kerry MHW Fest we will share a thought with you on Just a Thought to nurture and encourage listeners to take a moment to reflect, rest and reconnect with themselves and their wellbeing.

**Venue:** Radio Kerry 96-97 FM

**Date:** Thursday October 15th, 7.30am and 12 noon

**Who is it for:** Public

**Organising Agency:** Kerry Mental Health and Wellbeing Fest Committee

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## **Event: Rise Above It**



A mountain hike incorporating body awareness and mindfulness.

**Venue:** TBC - depending on the ability of group

**Date:** Thursday October 15th, 10.00am *(the length of the hike will depend on the ability of the group)*

**Who is it for:** 16+ years. Basic level of fitness needed. *(13 people maximum)*

**Organising Agency:** Mountain Adventure Walks

**Register:** e: [info@mountainadventurewalks.ie](mailto:info@mountainadventurewalks.ie)

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## **Event: Unlocking Your Potential**



Dee Keogh will deliver a workshop focused on energizing and re-framing your thinking. Be the best you can be! This powerful interactive seminar helps participants change their self-talk, step out of their comfort zones tapping into their true potential.

**Venue:** Online – Zoom

**Date:** Thursday October 15th, 11.00am – 12.30pm

**Who is it for:** Anyone over 18

**Organising Agency:** Kerry Volunteer Centre

**Register:** Siobhan Johnston on t: 066 7117966 or e: [siobhan@volunteerkerry.ie](mailto:siobhan@volunteerkerry.ie)





## **Event: How to Create Wellbeing Habits that Stick**

This workshop will help participants to identify 3 wellbeing habits that they would like to create at work, to learn how to create habits that are likely to be maintained, using behavioural science and to design a recipe for each one of the new habits.

**Venue:** Online – Zoom

**Date:** Thursday October 15th, 1.00pm – 1.45pm

**Who is it for:** Employees, HR Managers, Managers and public members (100 people max)

**Organising Agency:** South Kerry Development Partnership

**Register:** SKDP Education Officer, Mairéad O'Sullivan at **e:** mosullivan@skdp.net  
or **m:** 087 9631936

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## **Radio Event: Talkabout with Deirdre Walsh**



Don't miss out on daily insights into the 5 Ways to Wellbeing with Deirdre. Each day will focus on a individual pillar of wellbeing and how we can integrate wellness into our daily routine and living.

**Venue:** Radio Kerry 96-97 FM

**Date:** Thursday October 15th, 1.30pm – 3.00pm

**Who is it for:** Public

**Organising Agency:** Kerry Mental Health and Wellbeing Fest Committee

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## **Event: Mental Health and Wellbeing: Spirituality amidst Contagion**

A reflective talk on the spirituality of wellbeing and how to enhance mental health and wellbeing during times of restriction with a question and answer session. The session will include an introduction to Christian Meditation and teaching on simple techniques.

**Venue:** St. Mary's (Church of Ireland), Kenmare Place, Killarney, Kerry, V93 CD00 (opposite Town Hall)

**Date:** Thursday October 15th, 2.00pm - 4.00pm

**Who is it for:** Anyone with an interest in spirituality and for those who are feeling the mental and emotional pressure of the Coronavirus pandemic restrictions.

**Organising Agency:** St. Mary's Church

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



### **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:** Listowel, Town Park, meet at the gate

**Date:** Thursday October 15th, 3.00pm – 4.30pm

**Who is it for:** 18 years + For those experiencing stress or anxiety and anyone interested in the practice of Forest Therapy

**Organising Agency:** NEWKD in association with The Nature Hub

**Register:** <https://buytickets.at/thenaturehub/421142>

For more information, **e:** [kerry@thenaturehub.ie](mailto:kerry@thenaturehub.ie)

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### **Event: Self-Care for One Good Adult Workshop**



This workshop aims to build greater awareness of the importance of looking after our 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. It will be followed by a 30 minute question and answer session with a member of the clinical team of Jigsaw Kerry.

**Venue:** Online – Zoom

**Date:** Thursday October 15th, 4.00pm – 5.30pm

**Who is it for:** Parents or guardians and any adult working/volunteering with or supporting young people.

**Organising Agency:** Jigsaw Kerry

**Register:** <https://zoom.us/meeting/register/tJYpcumtrzwG9PmPqEXGoiHmoO-Y-aF1oBg>

For more information, **e:** [kerry@jigsaw.ie](mailto:kerry@jigsaw.ie)

## **Event: Qigong Class**



A live Qigong class taught via Zoom. Qigong is a branch of Chinese medicine combining breath, mind focus and simple movement to help annihilate anxiety, extinguish exhaustion, overcome overwhelm and promote peaceful sleep. This "moving meditation" can also help to relieve physical stiffness and pain in addition to calming and relaxing the mind.

**Venue:** Online – Zoom

**Date:** Thursday October 15th, 4.00pm – 4.45pm

**Who is it for:** All ages

**Organising Agency:** Chinese Medicine Clinics Kerry

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

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## **Radio Event: In Business with Mary Mullins**



Make sure to tune into Mary Mullins, 'In Business Show' to learn all about the importance of wellbeing in the workplace and to how we as colleagues, businesses and employers can nurture wellbeing in our own workplaces.

**Venue:** Radio Kerry 96-97 FM

**Date:** Thursday October 15th, 6.00pm – 7.00pm

**Who is it for:** Public

**Organising Agency:** Kerry Mental Health and Wellbeing Fest Committee

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## **Event: Zumba**



Zumba is a Latin inspired dance and exercise. It is great for the body and soul. Not only will it keep you fit and healthy, but you will also have fun while doing zumba. It's great therapy!

**Venue:** Online - Zoom

**Date:** Thursday October 15th, from 6.40pm

**Who is it for:** Any age (*100 people max*)

**Organising Agency:** Zumba Salsa Tralee

**Register: Zoom Meeting ID:** 585 198 1516 **Passcode:** smile

For more information, Linda Flanagan **m:** 086 4009916



**Event: Help Your Child Be More Resilient and Cope with Life's**

**Challenges**

This parents' workshop will share practical tips and strategies that help to instil in children the importance of working to maintain health and wellbeing.

**Venue:** Online – Zoom

**Date:** Thursday October 15th, 8.00pm – 9.30pm

**Who is it for:** Parents of children aged 6 - 18 years old

**Organising Agency:** changingtracks4life

**Register:** <https://www.eventbrite.ie/e/help-your-children-to-be-more-resilient-and-cope-with-lifes-challenges-tickets-118380458137>

For more information, Margaret Gilbert e: gilbertmlifecoaching@gmail.com



# Friday, October 16<sup>th</sup>



## **Radio Event: Just a Thought**

Each day during Kerry MHW Fest we will share a thought with you on Just a Thought to nurture and encourage listeners to take a moment to reflect, rest and reconnect with themselves and their wellbeing.

**Venue:** Radio Kerry 96-97 FM

**Date:** Friday 16th October, 7.30am and 12 noon

**Who is it for:** Public

**Organising Agency:** Kerry Mental Health and Wellbeing Fest Committee

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## **Event: Rise Above It**

A mountain hike incorporating body awareness and mindfulness.

**Venue:** TBC - depending on the ability of group

**Date:** Friday 16th October from 10.00am (*the length of the hike will depend on the ability of the group*)

**Who is it for:** 16+ years. Basic level of fitness needed. (*13 people maximum*)

**Organising Agency:** Mountain Adventure Walks

**Register:** e: [info@mountainadventurewalks.ie](mailto:info@mountainadventurewalks.ie)

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## **Event: Connect and Reflect**

Talks and activities around improving Mental Health & Wellbeing.

**Venue:** Held outdoors at Killorglin Family Resource Centre, 39 Iveragh Park, Killorglin, Co. Kerry.

**Date:** Friday 16th October, 10.00am – 12.00 noon

**Who is it for:** Anyone who is parenting alone (*15 people max*)

**Organising Agency:** Killorglin Family Resource Centre

**Register:** Register via phone at t: 066 9762933 or email

e: [atkillorglinfamilycentre@gmail.com](mailto:atkillorglinfamilycentre@gmail.com)

## **Event: Self-Care for One Good Adult Workshop**



This workshop aims to build greater awareness of the importance of looking after our 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. It will be followed by a 30 minute question and answer session with a member of the clinical team of Jigsaw Kerry.

**Venue:** Online – Zoom

**Date:** Friday 16th October, 11.00am – 12.30pm

**Who is it for:** Parents or guardians and any adult working/volunteering with or supporting young people.

**Organising Agency:** Jigsaw Kerry

**Register:** <https://zoom.us/meeting/register/tJYvdu-qrDsuE9FRRU1eNXTy4FrNgKRstfJr>

For more information, e: [kerry@jigsaw.ie](mailto:kerry@jigsaw.ie)

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## **Event: Yoga class with Ebb & Flow Yoga**



**Venue:** Tralee Town park, weather permitting, or on Zoom

**Date:** Friday 16th October, 11.00am – 12 noon

**Who is it for:** Suitable for all levels

**Organising Agency:** NEWKD in association with Ebb & Flow Yoga

**Register:** <https://ebbfloxyoga.punchpass.com/classes/6681730>

For more information, Maeve Ferris m: 0873679132

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## **Radio Event: Talkabout with Deirdre Walsh**



Don't miss out on daily insights into the 5 Ways to Wellbeing with Deirdre. Each day will focus on an individual pillar of wellbeing and how we can integrate wellness into our daily routine and living.

**Venue:** Radio Kerry 96-97 FM

**Date:** Friday 16th October, 1.30pm – 3.00pm

**Who is it for:** Public

**Organising Agency:** Kerry Mental Health and Wellbeing Fest Committee

### **Event: Positive Wellbeing Workshop incorporating 5-A-Day**



The workshop highlights the importance of the 5-A-Day for 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:** Online

**Date:** Friday 16th October, 4.00pm – 6.00pm

**Who is it for:** 12 - 18 year olds

**Organising Agency:** KDYS Youth Information

**Register:** Register at the KDYS Youth Information Portal in Tralee and Killarney any Thursday evenings from 4.30pm to 8.30pm prior to the event.

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### **Radio Event: In Business with Mary Mullins**



Make sure to tune into Mary Mullins, 'In Business Show' to learn all about the importance of wellbeing in the workplace and to how we as colleagues, businesses and employers can nurture wellbeing in our own workplaces.

**Venue:** Radio Kerry 96-97 FM

**Date:** Friday 16th October, 6.00pm – 7.00pm

**Who is it for:** Public

**Organising Agency:** Kerry Mental Health and Wellbeing Fest Committee

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### **Event: Positive Wellbeing Workshop incorporating 5-A-Day**



The workshop highlights the importance of the 5-A-Day for 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:** Online

**Date:** Friday 16th October, 7.30pm – 9.30pm

**Who is it for:** 12 - 18 year olds

**Organising Agency:** KDYS Youth Information

**Register:** At the KDYS Youth Information Portal in Tralee and Killarney any Thursday evenings from 4.30pm to 8.30pm prior to the event.

# Saturday, October 17<sup>th</sup>



## **Radio Event: Saturday Supplement**

Listen in to hear all that relates to Mental Health and Wellbeing in Kerry on Saturday from 9am with Joe. Guest will share their personal stories and professionals will give advice on how to practice self-care and wellness.

**Venue:** Radio Kerry 96-97 FM

**Date:** Saturday 17th October, 9.00am – 11.00am

**Who is it for:** Public

**Organising Agency:** Kerry Mental Health and Wellbeing Fest Committee

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## **Event: Coffee Morning**

A coffee morning at the Spa GAA Club grounds. Open to club members and people from the local community. Everyone is invited to bring home baking and the club will set up teas, coffees and children's treats.

**Venue:** Spa GAA Club, Tullig, Killarney

**Date:** Saturday 17th October, 10.00am – 12 noon

**Who is it for:** Club members and the local community

**Organising Agency:** Spa GAA Club

**Register:** Spa Health & Wellbeing Officer Margaret Doyle **m:** 087 9181970 or the Spa PRO Deirdre O'Sullivan Darcy **m:** 085 1216359

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## **Event: Yoga for Kids' – 9 to 12 years**

Yoga Kids Kerry is an interactive, fun and healthy way to encourage mindfulness, creativity, mental focus, and physical flexibility in children and early teens. Combining yoga with activities designed to promote self awareness & social inclusion and play. Due to Covid 19 regulations please bring your own mat and bottle of water. Namaste!

**Venue:** Tralee Town Park (*weather permitting*)

**Date:** Saturday 17th October, 10.45am – 12 noon

**Who is it for:** Children aged 9 - 12 years (*Max 12*)

**Organising Agency:** Kerry Volunteer Centre

**Register:** Siobhan Johnston on **t:** 066 7117966  
or **e:** siobhan@volunteerkerry.ie





# Membership Only Events

The following events are for members of the organisation only. While these events are not open to the public, they are included in the programme to recognise and showcase the local support for promoting mental health and wellbeing in Kerry.

**Event: Group walk**

**Venue:** Depending on group members participating

**Date:** Weather dependent in the course of the week

**Who is it for:** Members of Kerry Retired Teachers

**Organising Agency:** Kerry Retired Teachers

**Register:** Julie O'Connor **e:** juliekerryrta@gmail.com

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**Event: De-stress and Get Grounded**



A workshop designed to guide participants into a mindful and relaxed state, leaving them feeling calmer, more in control, focused and content.

**Venue:** Online

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

**Who is it for:** Staff and volunteers in NEWKD offices

**Organising Agency:** NEWKD in association with Workplace Wellness

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**Event: Fundamental Elements to Wellbeing Talk**

The workshop looks at exploring self awareness; Understanding the importance of our own value; Reinforcing the importance of resilience; tips and tools to help in our daily lives.

**Date:** Tuesday October 13th, 9.45am – 11.15am

**Who is it for:** SICAP groups, Cahersiveen Lone Parent Support Group, Kenmare Lone Parent Support Group, Mid Kerry New Communities Group.

**Organising Agency:** South Kerry Development Partnership

**Register:** Mary Gallagher **e:** mgallagher@skdp.net

**Event: Fundamental Elements to Wellbeing Talk**

The workshop looks at exploring self awareness; Understanding the importance of our own value; Reinforcing the importance of resilience; tips and tools to help in our daily lives.

**Date:** Wednesday October 14th, 9.45am – 11.15am

**Who is it for:** SICAP groups, Cahersiveen Lone Parent Support Group, Kenmare Lone Parent Support Group, Mid Kerry New Communities Group.

**Organising Agency:** South Kerry Development Partnership

**Register:** Mary Gallagher **e:** mgallagher@skdp.net

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**Event: Boundaries and Transitions**



A workshop designed to assist people become more clear, focused calm & in control. We provide people with the tools that they need in order to deal with the daily stress of their working environment.

**Venue:** Online

**Date:** Wednesday October 14th, 11.00am-12.00 noon

**Who is it for:** Staff and volunteers in NEWKD offices

**Organising Agency:** NEWKD in association with Workplace Wellness

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**Event: Fundamental Elements to Wellbeing Talk**

The workshop looks at exploring self awareness; Understanding the importance of our own value; Reinforcing the importance of resilience; tips and tools to help in our daily lives.

**Date:** Thursday October 15th, 9.45am – 11.15am

**Who is it for:** SICAP groups, Cahersiveen Lone Parent Support Group, Kenmare Lone Parent Support Group, Mid Kerry New Communities Group.

**Organising Agency:** South Kerry Development Partnership

**Register:** Mary Gallagher **e:** mgallagher@skdp.net

**Event: Kerry's Active Families 'Accessible Orienteering' event:**

This free family friendly event is designed to accommodate people with disabilities and their families to take part in an activity together, in Killarney National Park. The Kerry Orienteering Club, together with the Kingdom Wheelblasters Club and Kerry Recreation & Sports Partnership, have designed a challenging and fun orienteering course that is sure to get everyone moving and active as well as mental challenges that will require concentration and teamwork. This is a closed event.

**Venue:** Killarney National Park – specific location TBC

**Date:** Saturday October 17th - staggered start times

**Who is it for:** Members of the Kingdom Wheelblasters Club and their families

**Organising Agency:** Kerry Orienteering Club together with the Kingdom Wheelblasters Club and Kerry Recreation & Sports Partnership

**Register:** Gearóid on **e:** gearoid.odoherty@kerrycoco.ie or **m:** 087 6900 593



# Resources

## Pre-recorded - bereavement during Covid:

### **Brid Carroll:**

<https://hospicefoundation.ie/bereavement-2-2/bereavement-resources/bereavement-videos-audio-recordings/>

### **TEDx UCD with Susan Delany:**

<https://www.youtube.com/watch?v=4GDTbtePHUU>

### **'Supporting bereaved colleagues and employees':**

<https://hospicefoundation.ie/bereavement-2-2/bereavement-news-events/grief-at-work/>

## Jigsawonline.ie

Jigsawonline.ie is a virtual hub of mental health information for young people aged 12 to 25, their parents/guardians and those who work with young people. Get practical advice from Jigsaw Clinicians who work with young people every day. Young people can access:

1. **Group chats:** Live discussions online with up to 10 young people, facilitated by Jigsaw Clinicians focused on certain topics & 1-to-1 live chat is also available. Find out more and register here: <https://jigsawonline.ie/young-people/live-group-chats/>
2. **Ask Jigsaw:** If you're a young person you can anonymously ask any mental health question or query you may have and have it answered by a Jigsaw Clinician within 48 hours. The questions and answers are published on the [www.jigsawonline.ie](http://www.jigsawonline.ie) website.

### **Need help?**

**Jigsaw freefone:** 1800 JIGSAW (544 729) – free mental health support, advice and guidance for young people aged 12 to 25 years old, and/or their parents or concerned others who are resident in the Republic of Ireland. Opening hours: Monday to Friday 1pm- 5pm.

**Text and Email Service:** Get in touch and initiate a request for a return call from a Jigsaw Clinician. Clinicians will be responding from Monday to Friday, 9am to 5pm at

1. **Text:** 'Call me' with your name to 086 1803880
2. **Email:** [help@jigsaw.ie](mailto:help@jigsaw.ie)

## **yourmentantalhealth.ie**

For mental health and wellbeing support, information and more.

## **NEWKD (North, East and West Kerry Development)**

**w:** [www.nekd.net](http://www.nekd.net).

**Facebook:** <https://www.facebook.com/NorthEastKerryDevelopment/>

## **Kerry Children and Young People's Services Committee**

**w:** <https://kerrychildrensservices.com/>

## **'Minding Yourself Series' Cork Kerry Community Healthcare**

**w:** <https://www.youtube.com/watch?v=a6tXTq0clgc>

**w:** <https://www.youtube.com/watch?v=RMiJPYDMCxo>

# Need to talk?

Help is a phone call away



**SAMARITANS**

**Freephone 24/7 on 116 123**

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

Pieta  House

**Call 1800 247 247**

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

**Childline**  
ISPCC

**Freephone 24/7 1800 666 666**

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

**If you are in crisis please contact your local GP.  
Out of hours, contact SouthDoc on 1850 335 999  
or your nearest Emergency Department.**

*For more information check out...*

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

 **@healthycountykerry**

 **@healthykerry**