



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 Kerry Mental Health and Wellbeing Fest is held annually over the course of a week to highlight World Mental Health Day on 10th October. The Fest aims to raise awareness of the available supports and services in the County as well as to empower people to engage with the Five Ways to Wellbeing through a dynamic and interactive programme of events. *With over 60 free events on offer all over the county for all age groups and abilities, we hope there is something here for everyone. Enjoy!*

THE FIVE WAYS to WELLBEING



Saturday, October 9th

QIGONG CLASS - Qigong Wellness

Venue: Killarney House, 10.00am

Register: Noreen Tobin on e: ntobin70@gmail.com

MEDICINAL STORYTELLING WORKSHOP

Kerry Writers' Museum

Venue: Online - Zoom, 10.00am - 12.00 noon

For: Young people aged 13 - 18 years old

Register: e: kerrywritersmuseum@gmail.com

YOGA SESSION - Kerry Macra na Feirme

Venue: Rossbeigh Beach, 12.00 noon

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

TAKE THE STRESS OUT OF CAREER PLANNING & CAREER CHANGE

South Kerry Development Partnership (SKDP)

Venue: Online - Zoom, 12.00pm - 1.00pm

For: Adults aged 18+

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

COFFEE MORNING WITH LINC

Venue: Maddens Coffeehouse, Tralee, 12.00pm - 2.00pm

For: Lesbian and bisexual women aged 18+

A TALK ABOUT THE PRACTICE OF SPIRITUAL WELLBEING

Venue: St. Mary's Church (Church of Ireland), Kenmare Place, Killarney, 3.00pm

SENSE OF PLACE. NATURE WALK AND PLACE NAMES

Nature Wild Gardens

Venue: An Gortbreac Thoir, Tráilí, 3.00pm - 4.00pm

For: Adults aged 18+

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

Sunday, October 10th

FOREST THERAPY

The Nature Hub

Venue: Killarney National Park, 11.00am - 12.30am

For: Adults aged 18+

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

'SHOW CASTLEISLAND CARES' WELLNESS DAY

NEWKD and Show Castleisland Cares Community Group

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

For: Family friendly event

Sunday, October 10th

AUSTIN STACKS MEMBERS AND COMMUNITY GATHERING

Austin Stacks GAA Club, Tralee

Venue: Austin Stack GAA Club, Tralee, 11.00am

For: Club members and wider community

Register: Mike Casey at e: infomikcasey@gmail.com

KERINS O'RAHILLYS' FAMILY FUN DAY

Kerins O' Rahilly Juvenile and Ladies Club

Venue: Healy Park, Ballyrickard GAA Pitch, Tralee, 2.00pm

Register: Shirley Doody at e: korladiesec@gmail.com

Monday, October 11th

NEW LIFE CHAPTER - South Kerry Development Partnership (SKDP)

Venue: Online - Zoom, 1.00pm - 2.00pm

For: Women aged 18+

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

LAUGHTER YOGA - Maine Valley Family Resource Centre

Venue: Castlemaine Community Centre, Tralee Rd, 2.00pm - 3.00pm

For: People of all abilities aged 10+

FAMILY NATURE CONNECTION WALK - Biodiversity Partners

Venue: Ballyseedy Woods, Tralee, 3.30pm - 5.00pm

For: Families/Parents and Toddlers

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

HY-BREASAL TRALEE PLAYERS PRESENT "COFFEE STORIES"

NEWKD and Transition Kerry

Venue: The beautiful Geodesic dome, Moyderwell Allotment, Tralee, 6.00pm

For: Open to all. (Limited places)

Register: e: transitionkerry2020@gmail.com

WOMEN AND FINANCE

South Kerry Development Partnership (SKDP)

Venue: Online - Zoom, 6.30pm - 7.30pm

For: Women aged 18+

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

GUIDED MEDITATION AND GENTLE YOGA FOR MEN

Killarney Men's Shed

Venue: Nave Yoga, 7.00pm - 8.00pm

For: Men aged 18+

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

Tuesday, October 12th

VALUING VOLUNTEERS South Kerry Development Partnership and Kerry Volunteer Centre

Venue: The Brehon Hotel, Killarney, 10.00am - 11.30am

For: Anyone currently involved in volunteering

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

IPS - THE ROAD TO EMPLOYMENT - Kerry EmployAbility Service & Cork Kerry Community Healthcare

Venue: Online, 10.00am - 10.30am

For: Employers, Relevant Agency Personnel and Interested Members of the Public

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

IYENGAR YOGA SESSION Yoga in Kerry

Venue: Online via Zoom or in-person at Yoga Seomra, Seanscoil, Sunhill, Killorglin, 10.00am - 11.00am

For: Anyone aged 16+ of any ability

Register: Text or Whatsapp m: 087 658 1947

EMOTIONAL FREEDOM TECHNIQUES. CAST BREATHING, PILATES AND MINDFULNESS - South Kerry Development Partnership with facilitator Lesley MacVean

Venue: Online - Zoom, 10.30am - 12.30pm

For: Anyone aged 18+

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

MEN'S WALK - South Kerry Development Partnership (SKDP)

Venue: A beach in Waterville, 11:00am

For: Retired rural men aged 65 - 75 in the Cahersiveen and the South Kerry area

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

COMING BACK TO LIFE... PRACTICES TO RECONNECT OUR LIVES - NEWKD in association with Mary Kiernan

Venue: In the beautiful Geodesic dome, Moyderwell Allotments, Tralee, 11.00am - 12.00pm or 1.00pm - 2.00pm

For: Over 18's (limited places)

Register: e: mary@emergentsynergies.ie

LOOKING AFTER OUR WOMEN'S HEALTH - LINC

Venue: Online - Zoom, 6.00pm - 7.30pm

For: Lesbian/bisexual women aged 18+ and healthcare professionals

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



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yourmentalhealth.ie
1800 111 888



Tuesday, October 12th

GROWING HEALTH AND WELLBEING - South Kerry Development Partnership (SKDP)

Venue: Online - Zoom, 7.00pm - 8.15pm

For: Anyone with an interest in growing food

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

BREAKTHROUGH - WHOSE LIFE ARE YOU LIVING? LIVING FROM THE INSIDE-OUT

NEWKD in association with Dr. Tony Humphreys

Venue: Online - Zoom, 7.30pm - 9.00pm

For: Over 18's

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

BREATHING FOR BETTER RESILIENCE

Eoin Burns Breathing Coach

Venue: Listowel Community Centre, 7.00pm - 8.30pm

For: People of all ages

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

ADOLESCENT MASTER CLASS - CONNECTING YOUR INTELLECTUAL INTELLIGENCE Margaret Gilbert Parent and Adolescent Coach @Changingtracks4life

Venue: Online - Zoom, 7.00pm - 9.00pm

For: Adolescents aged 16 to 18 years

Register: margaretgilbertlifecoach.com/adolescent-coaching/

Wednesday, October 13th

COFFEE MORNING - Ballyspillane Residents Association

Venue: Ballyspillane Community Family Resource Centre, 10.00am

For: Resident's of the Ballyspillane Estate

KERRY PEER SUPPORT NETWORK (KPSN) - WHO WE ARE

Kerry Peer Support Network (KPSN)

Venue: Online - Zoom, 10.30am - 11.30am

For: Anyone 18 +

Register: Email e: kpsninfo@gmail.com

EMOTIONAL FREEDOM TECHNIQUES. CAST BREATHING, PILATES AND MINDFULNESS South Kerry Development Partnership with facilitator Lesley MacVean

Venue: Online - Zoom, 10.30am - 12.30pm

For: Anyone aged 18 +

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

ONE GOOD ADULT WORKSHOP - Jigsaw Kerry

Venue: Online - Zoom, 2.30pm - 3.30pm

For: Parents of young people aged 12 to 25 and any adult working or volunteering with this age cohort

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

BODY IMAGE AND SOCIAL MEDIA - NEWKD and (PAC) Parent Action and Care in association with Bodywhys

Venue: Online - Zoom, 7.00pm - 8.30pm

For: Anyone supporting someone or concerned about someone with an eating disorder.

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

MASTERCLASS FOR PARENTS/GUARDIANS - FOSTERING EMOTIONAL INTELLIGENCE IN YOUNG CHILDREN

Margaret Gilbert Parent and Adolescent Coach @Changingtracks4life

Venue: Online - Zoom, 7.00pm - 9.00pm

For: Parents of children aged 6 - 12 years (20 people max.)

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

SELF- LOVE IS NOT SELFISH - IT'S ESSENTIAL FOR MENTAL HEALTH NEWKD in association with Brenda Healy

Venue: Online - Zoom, 7.30pm - 8.30pm

For: Over 18's

Register: Email at e: heallyoung@yahoo.com

Wednesday, October 13th

NATURALLY NURTURED - FINDING BALANCE IN AUTUMN

Ebb and Flow Yoga

Venue: Online - Zoom, 8.00pm - 9.00pm

For: Anyone aged 18+. Not suitable for pregnant Mums-to-be (sorry Mamas).

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

COURAGEOUS CONVERSATIONS The Phoenix Women's Centre

Venue: Online - Zoom, 7.30pm - 9.00pm

For: Women 18+ years

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

Thursday, October 14th

CREATIVE WELLBEING WORKSHOP FOR ALL MOTHERS Silke Michels

Venue: Online - Zoom, 10.00am - 11.00am

For: Open to all mothers aged 18+

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

BREATHING FOR BETTER RESILIENCE, BETTER SLEEP AND LONG- COVID RECOVERY - Eoin Burns Breathing Coach

Venue: Tralee Town Park, Denny Street entrance, 11.30am - 1.00pm

For: People of all ages

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

EMOTIONAL FREEDOM TECHNIQUES. CAST BREATHING, PILATES AND MINDFULNESS - South Kerry Development Partnership with facilitator Lesley MacVean

Venue: Online - Zoom, 10.30am - 12.30pm

For: Anyone aged 18+

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

QIGONG CLASS - Chinese Medicine Clinics Kerry

Venue: Online - Zoom, 4.00pm - 4.45pm

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

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

NUTRITION FOR WOMEN AFTER 40

South Kerry Development Partnership

Venue: Online - Zoom, 7.00pm - 8.00pm

For: Women aged 40+

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

ONLINE QIGONG CLASS - Qigong Wellness

Venue: Online - Google Meet, 7.30pm

For: Suitable for everyone (Max. 100 people)

Register: Link: meet.google.com/bkh-bgjj-mtx

Friday, October 15th

Creative Wellbeing Workshop for All Mothers Silke Michels

Venue: Online - Zoom, 10.00am - 11.00am

For: Open to all mothers aged 18+

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

Kerry Travellers Health and Community Development Project - Minceirs Whiden

Venue: VAras an Phobail, Community Room, Deans Lane, Tralee V92CRW8, 10.00am - 1.00pm

For: Members of the Traveller community in Co. Kerry

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

Interactive Outdoor Event with NEWKD YEI Youth Employment Service - NEWKD

Venue: The Square, Listowel, 10.00am - 2.00pm

For: Everybody

Register: Call Louise Lyons on t: 068 23429

A Walk Around Tralee Together - TIRC, Tralee International Resource Centre

Venue: Meet at TIRC, 13-14 St. Patricks Bungalows, 10.30am - 11.30am

For: Open to all ages

Register: Call TIRC at t: 066 712 7918

Friday, October 15th

Let's Talk about Menopause - South Kerry Development Partnership

Venue: Online - Zoom, 11.00am - 12.00pm

For: Women interested in Perimenopause and Menopause

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

Self Care for One Good Adult Workshop - Jigsaw Kerry

Venue: Online - Zoom, 2.30pm - 3.30pm

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

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

A Talk About the Practice of Spiritual Wellbeing - St. Mary's Church

Venue: St. Mary's (Church of Ireland), Kenmare Place, Killarney, Kerry. V93 CD00 (opposite Town Hall), 3.00pm

For: It is suitable for adults

Positive Wellbeing Workshop Incorporating the Five-A-Day KDYS Youth Information

Venue: Kerry Diocesan Youth Service (KDYS), Killarney, 3.30pm - 5.30pm (If online, event will be 6.30pm - 8.30pm)

For: 12 - 14 year olds (12 people max. if in-person and 24 people if online)

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

A Talk About Bereavement, Self-Care and Walking with Others in their Grief NEWKD and the Kerry Bereavement Support group in association with Shirley O'Sullivan

Venue: Online - Zoom, 7.00pm - 8.15pm

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

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

Positive Wellbeing Workshop Incorporating the Five-A-Day KDYS Youth Information

Venue: Kerry Diocesan Youth Service Youth Centre, Tralee, 7.00pm - 9.00pm (If online, event will be 6.30pm - 8.30pm)

For: 15 - 18 year olds (12 people max. if in-person/ 24 young people if online)

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

Saturday, October 16th

You Have A Choice - In Fact You Have Many Choices -The Grove

Venue: The Grove, Abbeylands, Ardfert, Co. Kerry, 10am - 11am

For: Anyone who wants to learn a little more about addiction

Register: Call the Grove on t: 066 714 1511 by 5.00pm Mon - Thurs

Qigong Class - Qigong Wellness

Venue: KDYS Tralee, Denny Street, Tralee, 11.00am

For: Suitable for everyone (15 - 20 people max.)

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

Getting To Know What Is All Around Us - NEWKD in association with Transition Kerry

Venue: Moyderwell Allotment, Tralee, 11am - 11.45am or 12pm - 12.45pm

For: Over 18's

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

A (Virtual) Vision Board & Journaling Workshop - NEWKD in association with Maeve Ferris

Venue: Online - Zoom, 10.00am - 12.00pm

For: Over 18's

Register: <https://www.ebbflowyoga.ie/events/2021/4/17/kerryhwhfestworkshopoct21>

Suaimhneas Shinrin-Yoku - Killorglin Family Resource Centre

Venue: Killarney National Park, 12.00 noon

For: Anyone aged 18+ (8 people max.)

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

Interactive Outdoor Event with NEWKD YEI Youth Employment Service - NEWKD

Venue: The Square, Tralee, 12.00am - 2.00pm

For: Everybody