

Meath Mental Health Week

October 4 - 10 2015

Promoting Positive Health

DATE	TOPIC	SPEAKER	TIME	VENUE
Wed 30th Sept	SUPPORTING YOUNG PEOPLE'S MENTAL HEALTH Talk covers key issues impacting on the mental health & well being of young people	Jigsaw Meath Contact Sinead @ 046 9071702	8pm – 9pm	Eureka School, Kells
Mon 5th Oct	ACTIVE MINDS Physical Activity for people experiencing early onset dementia	Meath LSP Contact Ruairi @ 046 9067337	2.15pm -3.15pm	St Brigids Day Centre, Donore Rd, Drogheda
	SUPPORTING YOUNG PEOPLE'S MENTAL HEALTH Talk covers key issues impacting on the mental health & well being of young people	Jigsaw Meath Contact Sinead @ 046 9071702	8pm – 9pm	Scoil na hInse, Bettystown
	LET'S TALK: LOOKING AFTER YOUR WELL BEING Talk is aimed at people living in rural areas and will provide tips on improving your well being	IFA & Mental Health Ireland Contact Geraldine @ 01 4260343	8.30pm – 10pm	Ardboyne Hotel, Navan
	LATE LUNCH- GERRY KELLY Topics to be covered include Stigma, Lifestyle balance, importance of physical activity	Representatives from SHINE, HSE, See Change & Meath LSP	2pm	LMFM
Tues 6th	LET'S GO MENTAL Interactive workshop with young people promoting the 5-a-day: Give; Connect; Get Involved; Be Aware & Get Moving	Comhairle na nOg Contact Cathy @ 0878543424	9.30am – 4pm	Trim GAA Centre
	HINTS & TIPS FOR JOB SEEKING – COFFEE MORNING Providing advice with interviews, CV writing etc	Jobmatters Employability Service Meath Contact Sheila @ 046 9060717	10am – 12 noon	60 Academy Street, Navan
	ACTIVE MINDS Physical Activity for people experiencing early onset dementia	Meath LSP Contact Ruairi @ 046 9067337	3.15pm -5.15pm	Knightsbridge Nursing Home, Trim
	WORKING WITH FAMILIES TO SUPPORT POSITIVE MENTAL HEALTH The presentation will explore the importance of being able to talk about mental illness in the family.	Bridget Curran – HSE Contact Bridget @ 0879514530	7.30pm – 9.30pm	Simonstown GAA Centre, Navan
	SUPPORTING YOUNG PEOPLE'S MENTAL HEALTH Talk covers key issues impacting on the mental health & well being of young people	Jigsaw Meath Contact Sinead @ 046 9071702	8pm – 9pm	St Mary's Primary school, Enfield
	SUPPORTING YOUNG PEOPLE'S MENTAL HEALTH Talk covers key issues impacting on the mental health & well being of young people	Jigsaw Meath Contact Sinead @ 046 9071702	8pm – 9pm	Ashbourne Community School
Wed 7th	PSYCHOLOGY OF BOUNCIBILITY Learn how to build resilience within our selves and how to stay strong.	Shane Martin Queries to Aine 046 9067337	10am – 1pm	Solistice, Navan
	ACTIVE MINDS Physical Activity for people experiencing early onset dementia	Meath LSP Contact Ruairi @ 046 9067337	10.45am – 11.45am	Alzheimers day Centre, Whistlemount, Navan
	ACTIVE MINDS Physical Activity for people experiencing early onset dementia	Meath LSP Contact Ruairi @ 046 9067337	2.15pm -3.15pm	St Brigids Day Centre, Donore Rd, Drogheda
	MENTAL HEALTH & IMPORTANCE OF LIFESTYLE BALANCE	Michelle Darcy – HSE Contact Michelle 087 7414400	7.30pm – 9.30pm	Simonstown GAA Centre, Navan
	LIFE IS WORTH TALKING ABOUT Presentation will outline the work of the Samaritans by way of active and attentive listening.	Samaritans/HWC GAA	8pm – 9pm	St Patricks GAA centre Stamullen
	LET'S GET TALKING ABOUT MENTAL HEALTH Workshop is designed to take the fear out of talking and how best to support someone going through a tough time.	See Change Contact Sorcha @ 01 860 1620	7.30pm – 8.30pm	Ashbourne GAA centre
Thurs 8th	HINTS & TIPS FOR JOB SEEKING – COFFEE MORNING Providing advice with interviews, CV writing etc	Jobmatters Employability Service Meath Contact Sheila @ 046 9060717	10am – 12 noon	60 Academy Street, Navan
	SUPPORTING YOUNG PEOPLE'S MENTAL HEALTH Talk covers key issues impacting on the mental health & well being of young people	Jigsaw Meath Contact Sinead @ 046 9071702	8pm – 9pm	Dunshaughlin Community Centre
Fri 9th	ACTIVE MINDS Physical Activity for people experiencing early onset dementia	Meath LSP Contact Ruairi @ 046 9067337	10.45am – 11.45am	Alzheimers day Centre, Whistlemount, Navan
	TIPS ON GOOD MENTAL HEALTH Presentation is aimed at those who have an interest in maintaining good mental health using the 12 steps principle.	Mary French, GROW Contact Mary @ 085 12625965	11am	Trim Parochial Centre, Trim
	ACTIVE MINDS Physical Activity for people experiencing early onset dementia	Meath LSP Contact Ruairi @ 046 9067337	3.15pm -5.15pm	Knightsbridge Nursing Home, Trim
Sun 11th	YOUTH WELLBEING WALK "5 A-DAY-5K" Fundraiser 5km for Jigsaw	Jigsaw Meath Contact Sinead @ 046 9071702	10am	Navan O Mahoney's
	TEA & TALK	Barbara Brennan – See Change Ambassador Contact Barbara @ 086 3055057	2pm – 6pm	Parish hall, Main street, Ashbourne
Wed 20th	SAFETALK WORKSHOP Is a 4 hr training programme that prepares people to identify persons with suicidal thoughts.	Rosaleen Dolan To reserve a place contact Aine @ 046 9067337	9.30am – 1.00pm	Navan Education Centre

The Meath Chronicle will run a weekly feature dealing with different aspects of Mental Health from the week commencing Monday 20th Sept for 3 weeks up until Meath Mental Health 4th – 10th Oct.

In addition to this, LMFM presenter Gerry Kelly will host a number of guests who will discuss Mental Health and how to achieve Positive Mental Health on his Late Lunch show on Monday 5th October – make sure you tune in to the show!

