

FRIDAY 04TH & SATURDAY 05TH OCTOBER

Launch Event!



Friday 6 - 7.30PM Limerick Mental Health Week 2019 Opening Ceremony

Our annual event to launch Limerick Mental Health Week 2019. For anyone with an interest in mental health.
Hunt Museum Rutland Street Limerick.

Saturday 9.30AM 5km - Timed Run/Walk

The events take place in 3 different settings encouraging people to get out to their local park in friendly environment.

- The Boat House, University of Limerick, Limerick, V94 Y8X4.
- Mungret Park, near Mungret College, Mungret, Limerick, V94 0Y56.
- Clarisford Park, Killaloe, Co. Clare.

Family Fun Day



12 - 4PM Family Fun Day

Limerick Mental Health Weeks annual family fun day, an afternoon of activities, face painting and fun for all ages. Bringing together all the various partners and organisations for a fun afternoon. Bedford row, Limerick City.

10AM - 4PM Family Health and Wellness Day

Family orientated health and wellness day in the Castletroy Shopping centre. There are a number of free events for children and adults alike, these include spinning, facepainting and much more.
Castletroy shopping centre



MONDAY 07TH CONT... & TUESDAY 08TH OCTOBER

Monday continued... 7 - 9PM An Evening with Arnold Thomas Fanning Author of "Mind on Fire"

Arnold Thomas Fanning author of "Mind on Fire" a memoir of living with mental illness and his recovery. "Mind on Fire" was on the Welcome Book Prize Long List. "This is a book we can all learn from" Irish Times.
FREE - Tickets via EventBrite.

Schuman Building, University of Limerick



Tuesday 1 - 2PM Concert /Music Therapy

As part of 'World Mental Health Week' students and faculty from the MA Music Therapy and BA Performing Arts (Irish Traditional Music) will perform a special lunchtime concert to raise awareness of mental health in the community.

University of Limerick, Irish World Academy of Music & Dance

1 - 2PM ICHAS Lecture

Christine Beekman will host a mindfulness workshop at ICHAS. This mindfulness workshop will help people from a wide range of backgrounds when it comes to working on this skill that can play a crucial part in helping with mental health

ICHAS, Walton House, Lonsdale Road, National Technology Park, Castletroy, Limerick

8 - 10PM IAHIP - Coming through Depression & Anxiety

An accessible talk for people in recovery of depression and anxiety.
Hunt Museum

SUNDAY 06TH & MONDAY 07TH OCTOBER

Sunday 9.30AM Junior Park Run 4-14 year olds

Shelbourne Park, Shelbourne Road, Limerick

1PM SMRC 10k/5k Urban Run

Paid event - Register: <http://www.smrc.ie/urbanrun/>
O'Callaghan Strand, Limerick

Monday 12 - 2PM Walking the talk for Suicide Prevention

Beginning at Mungret Park, the course will walk entirely on the tarmac and will complete a 4K course. This event is been organized to encourage staff/ service users to openly discuss mental health issues and to raise awareness on suicide prevention. Coffee and delicious pastries are available within the Milk Thistle Café, on the grounds of Mungret College following the walk
St. Anne's Community Mental Health Centre, Roxboro Road, Limerick

1.30 - 2PM Speaking up for better mental health services

A talk given by Mental Health Reform about the ways people can get involved in advocating for improved mental health services. The talk will focus on different ways people can campaign/ get active to improve mental health services.

Grow, 33 Upper Henry Street, Limerick

7 - 8.30PM Women on Wheels Turbo

An indoor cycling programme.

This is aimed at all levels - helping you get active and stay fit.

Brothers of Charity, Bawnmore, Limerick

WEDNESDAY 09TH & THURSDAY 10TH OCTOBER

Wednesday 11AM Riverbank Walk

This is an easy paced walk, with all levels of ability welcome. There's no pressure, just an opportunity to take in the beautiful River Shannon.

UL Arena, University of Limerick

11AM - 3PM Mindful group, Adults (over 18's)

Drop-in painting activity, with tea, coffee and a chat. During session 6 canvases will be painted to form a large wall mural.

GROW Office, 33 Henry Street, Limerick

7 - 8.30PM Limerick Suicide Watch Open Day

Come and see our centre of operations and find out what services we offer to the people of Limerick city.

Unit 3 Tait Business Centre, Limerick City

Thursday (World Mental Health Day) 9.30 - 12PM Wellness Morning

Wellness morning for the local community incorporating 10 minute talks from service providers in relation to suicide.

Southill Hub, O'Malley Park Southill, Limerick. V94 X431

9.30AM - 4PM Supporting the Mental Health of LGBTI+ Young People

This free of charge, 1 day workshop is designed for those who work or volunteer with young people and is delivered by Jigsaw in partnership with BeLonG TO. Booking Essential: contact Eileen at Jigsaw Limerick 061 974510 or email limerick@jigsaw.ie

Jigsaw Offices, Arthurs Quay, Limerick



Limerick Mental Health Week

04th - 11th Oct. 19

@LimerickMHA

#LimerickMHW



FOR MORE INFORMATION & THE LATEST UPDATES:

LIMERICKMENTALHEALTH.IE

THURSDAY 10TH CONT... & FRIDAY 11TH OCTOBER

Thursdays continued... 10AM - 12PM Snuggles Stories and Smiles

Information session for new and expecting parents and babies under 1 year of age.

Limerick Social Services Centre, Upper Henry Street, Limerick

6PM Shine a Light on the River

Boat procession down the river Shannon. Everyone is encouraged to bring their phone or torch to "light up the river" for mental health awareness. Come see boats from the various clubs up the river Shannon come together for a nice acoustic evening.

River Shannon Bridges, Limerick City



Friday 11AM - 3PM Free Listening

This will be a space to encourage people to open up to strangers and will highlight the listening service that Samaritans provides all year round.

Thomas Street/Bedford Row

7.30 - 9.30PM Limerick Choir Night

Closing event of Limerick Mental Health Week, join us for a relaxing evening of various choirs across Limerick coming together.

St Marys Cathedral, Bridge St, Limerick



TUNE IN TO OUR OFFICIAL MEDIA PARTNERS:



Limerick Mental Health Week

04th - 11th Oct. 19



LAUNCH NIGHT —

Hunt Museum, Friday 04th October 19, 6 - 7.30pm



FAMILY FUN DAY —

Bedford Row, Saturday 05th October 19, 12 - 4pm



AN EVENING WITH ARNOLD THOMAS FANNING —

Author of 'Mind on Fire', University of Limerick,
Monday 07th October 19, 7pm



SHINE A LIGHT ON THE RIVER —

River Shannon Bridges, Thursday 10th October 19
(World Mental Health Day), 6pm



CHORAL NIGHT —

St Mary's Cathedral, Friday 11th October 19,
6.30pm



WITH THANKS TO OUR PARTNERS & SPONSORS:



EUROPEAN UNION
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European Social Fund



Rialtas na hÉireann
Government of Ireland



OFFICIAL MEDIA PARTNERS:



FOR MORE INFORMATION & THE LATEST UPDATES PLEASE CHECK OUR WEBSITE [LIMERICKMENTALHEALTH.IE](https://limerickmentalhealth.ie) & OUR SOCIAL MEDIA

@LimerickMHA #LimerickMHW