



LIMERICK  
Mental Health  
Association

# Limerick Mental Health Week 08 - 15 Oct. 21

@LimerickMHA  
#LimerickMHW



For more information:  
[limerickmentalhealth.ie](http://limerickmentalhealth.ie)

## About Limerick Mental Health Week

Limerick Mental Health Week promotes positive mental health in the community. This is achieved through a series of public events, talks, exhibitions, and workshops. By organising this week, we aim to raise awareness of mental health in the local community. The week will provide a forum to generate discussion and promote positive mental health. It will also reduce stigma and help to bring mental health into everyday conversations. Finally, Limerick Mental Health Week highlights the range of supports and services which are available within the local community. Follow the hashtag: **#LimerickMHW**.

### Friday 08 October

#### Launch Event!

**Friday 08: 7.30pm, Shannon Bridge & Steamboat Quay**  
**- Official Launch, Wear Green and Be Seen!**

To mark the launch of Limerick Mental Health Week the Ilan, the last of Ireland's traditional wooden sailing ships, will sail into Limerick beside the Clayton Hotel. The Ilan will be illuminated in green and flanked by boats from the Civil Defence. A number of iconic Limerick buildings will light up in green for the night. This event will be live-streamed, so the public can view from anywhere in Limerick. Covid and water safety restrictions prevent large gatherings at present, so we request the public to view from home, to wear green and light up their phones at 7.30 to symbolically support positive mental health in Limerick. Mayor Daniel Butler will oversee an act of commemoration for Limerick people who have lost their lives to Covid. Weather-permitting, singer Emma Langford will perform from on board the Ilan. Irish hockey star, Roisin Upton, will also be on board.

### Sunday 10 & Monday 11 October

**Sunday 10: 2.00pm, Online event**

**- Simultaneous Yoga to mark World Mental Health Day**  
Sponsored by Atlas Fit. A livestream yoga session with yoga instructor, Bobby Jones joined by students from LIT. You will be able to access the yoga session from the comfort of your own home via a zoom link, which will be available on the LMHA website: [www.limerickmentalhealth.ie](http://www.limerickmentalhealth.ie)

**Sunday 10: Online event**

**- The Human Library book launch**

To mark World Mental Health Day, Mental Health Ireland will release its Human Library Book, which comprises members of the public telling their stories of overcoming mental challenges. These contributions are in the form of photos, voice messages, and written stories. Online via the Mental Health Ireland website: [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie) and through its social media.

#### Lunchtime Talk

**Monday 11: 1.00pm, St Mary's Cathedral Limerick**

**- Lunchtime Talk: The Revenge of a Limerick woman falsely detained in an insane asylum by her husband, a famous politician.**  
Historian Sharon Slater tells the extraordinary story of Rosina Lytton Née Doyle whose false detention in an insane asylum provoked a public outcry. Her husband was a politician and writer who coined famous phrases like "the great unwashed", and "the pen is mightier than the sword".

**Monday 11: Moyross Park**

**- Snuggles, Stories and Smiles**

Start Right will be hosting a fun interactive story and sensory activity session for parents and toddlers. For Covid compliance this event is closed and only open to invited local baby and toddler groups. If it rains, the event will be held in Moyross Community Enterprise Centre. Further Information on 061 419388

### Monday 11 Cont... & Tuesday 12 October

**Monday 11: 2.00pm, Online event**

**- Mental Health: Dealing with Uncertainty**

Vhi Wellness Ambassador David Gillick will give a motivational talk touching on his journey - on and off the track, looking at cultivating a healthy mindset, managing stress and building resilience. Join online via Limerick Mental Health and Limerick Chamber websites.

**Tuesday 12: 1.00pm, Limerick City Gallery of Art.**

**Launched by Mayor Daniel Butler**

**- Mystory (photographic exhibition) - Mental health & youth suicide through the eyes of the youth.**

**Exhibition runs until Friday 15 October.**

Mystory (Mental health of youth story) - is a powerful photovoice exhibition, which is a collaboration between Jennifer McMahon of the UL psychology department, Eibhlin Walsh, a UL doctoral student, and John Real of Limerick Youth Service, all working with Be Well's youth advisory panels to better understand school-based suicide prevention and mental health in Ireland through photography. This will be an exhibition of photographs taken by students around the theme of mental health and youth suicide.

#### Lunchtime Talk

**Tuesday 12: 2.00pm, Online event**

**- Lunchtime Talk: 'Meaningful Disconnection'**

Hosted by John Hickey lecturer at ICHAS. For many it will be a shock to their systems opening up to society again. This workshop is about finding time/space and focus to healthily disengage from the busy social world/demand and to re-engage with the self, adding a better balance to one's life. See Irish College of Humanities & Applied Sciences website: [www.ichas.ie](http://www.ichas.ie) for details on how to register for this online event.

### Wednesday 13 & Thursday 14 October

#### Lunchtime Talk

**Wednesday 13: 1.00pm, Grow building, 33 Henry Street & streamed online**

**- Lunchtime Talk: Managing stress in the workplace**

As people start to return to the workplace, managing stress and anxiety will be key challenges. This talk by GROW Area Coordinators, Amie Hughes and Michael Crowe, will be delivered in GROW's upstairs training room at 33 Henry Street. There is disabled access. The event will also be streamed online via zoom. Further details available on GROW's website: [www.grow.ie](http://www.grow.ie)

**Wednesday 13: 7.00pm, online event - Separation anxiety & pets**

Rockhall Veterinary will host a webinar on the topic of "Managing Separation Anxiety in your pet as we return to the office". Prepare your pet for increased amounts of separation time, and thereby reduce the amount of stress the owner may feel. For more information visit: [www.rockhallveterinary.ie](http://www.rockhallveterinary.ie)

**Thursday 14: 11.00am - 12.00pm, Grow building, 33 Henry Street & streamed online**

**- Physical & virtual drop in at GROW**

A one-hour physical and virtual drop in event run by GROW. Drop in and enjoy a tea, coffee, and casual chat.

#### Lunchtime Talk

**Thursday 14: 1.00pm, St Mary's Cathedral - Lunchtime Talk: Tales from the history of St Joseph's psychiatric hospital**

A Post-Doctoral Researcher at UNESCO, Child and Family Research Centre, at NUIG, Dr Triona Waters earned her PHD in History with her thesis on St. Joseph's Psychiatric Hospital. She will discuss how St Joseph's was used in 19th Century Limerick, how there were 21,000 people in 'lunatic asylums' in Ireland in 1900. Her talk will feature some captivating insights into the families behind the patients.

### Thursday 14 Cont... & Friday 15 October

**Thursday 14: 10.00am, Online launch**

**- Break the Silence: online launch, Limerick Youth Service**

Created by young people with LYS's Be Well Youth Advisory Panel, the film promotes the importance of talking to our mental health. The film premiere will be followed by a discussion with the Be Well team. For more details contact John at [johnr@limerickyouthservice.org](mailto:johnr@limerickyouthservice.org) or see [www.limerickyouthservice.com](http://www.limerickyouthservice.com)

#### Lunchtime Talk

**Friday 15: 1.00pm, St Mary's Cathedral**

**- Lunchtime Talk: Marrying physical and mental health, getting mind and body to work together.**

Craig Madigan works as a live-in social worker caring for vulnerable teenagers at Compass Child and Family Services. He's also a former Limerick soccer player and a fitness coach who has trained some of Limerick's rugby, soccer and hurling stars. He talks about how to combine mental and physical training techniques to improve your overall wellbeing.

For more information:  
[limerickmentalhealth.ie](http://limerickmentalhealth.ie)

Follow us on Social Media:

@LimerickMHA  
#LimerickMHW





# Limerick Mental Health Week

## 08 - 15 Oct. 21

### ★ Official Launch, Wear Green and Be Seen! —

Shannon Bridge, Friday 08 October 21, 7.30pm  
Council Chambers, King John's Castle, UL, MIC, the Clayton Hotel and other Limerick buildings will light up in green as The Ilen sails into Limerick, also illuminated in green. Mayor Daniel Butler will launch Limerick Mental Health Week from on board the Ilen with special guests.

### ★ Simultaneous Yoga to mark World Mental Health Day —

LIT & GROW Building on Henry Street, with online streaming for public access,  
Sunday 10 October 21, 2.00pm

### ★ Mental Health: Dealing with uncertainty —

Online event, Monday 11 October 21, 2.00pm

### ★ Mystory (photographic exhibition) - Mental Health & Youth

suicide through the eye of the youth —  
Limerick City Gallery of Art, Tuesday 12 October 21, 1.00pm.  
Launched by Mayor Daniel Butler.

### ★ Break the Silence, short film premiere —

Online event, Thursday 14 October 21, 10.00am

## With Thanks to our Partners & Sponsors:

