**Friday 9th May Itinerary**

**10:30am - 12pm**
Weaving Workshop.
Venue: Cumasú Bus, Deasy’s Car Park.
Be creative through the medium of weaving. Facilitated by Ms. Deirdre Baynes and Ms. Orla Scully.

**2:30pm**
Tree Ceremony.
Venue: St. David’s Resource Centre, Mount Carmel Hospital Grounds, Clonakilty.
Dr. Pat Bracken will celebrate wellness with members of Clonakilty Wellness Committee, the Community, and Staff of the HSE, by planting a tree to represent the rooting of the concept of recovery and positive mental health in our Community.

**3:30pm - 5pm**
“Open Door” Music session.
Venue: Cumasú Bus, Deasy’s Car Park.
Join Music Alive and special guests, Clon Drums and Helga Deasy, for a music performance and an interactive music making and movement session. We will be using instruments from around the world and no musical experience is necessary to get involved. Suitable for all ages from 8+.

**4:30pm - 5:30pm**
Clonakilty Brass Band.
Venue: Astna Square, Clonakilty.
This year we are delighted to have the support and involvement of Clonakilty Brass Band. They will play a variety of positive tunes in the very heart of Clonakilty town.

**Saturday 9th May Itinerary**

**4:15am**
Pieta House Darkness into Light Walk.
Venue: Clonakilty G.A.A. Complex, Ahamilla.
The annual Pieta House Darkness into Light Walk will leave Clonakilty G.A.A. Complex, Ahamilla and make its way through Clonakilty. Please do support this very moving and worthy event.

**12pm - 4pm**
Holistic Day of Alternative Therapies.
Clonakilty Wellness Committee is delighted to once again bring you the award winning, Clonakilty Wellness Week. This year’s festival will run from the 4th - 9th of May, 2015.

This festival embraces the concept of co-production, which sees service users and mental health professionals working together, on an equal footing, to produce a festival for all. The aim of Clonakilty Wellness Week is to encourage the community, as a whole, to come together and speak openly about mental health, therefore, de-stigmatizing mental ill health and normalizing mental health dialogue within our community.

Numerous co-produced workshops and events, all relating to mental wellbeing and social inclusion will take place throughout the week. The Cumasú Bus will be situated in Deasy’s Car Park for the duration of Clonakilty Wellness Week, and will act as the base for our festival. However, some events will be held in various venues around the town, thus, reflecting the community buy-in.

Our wellness theme this year is positivity. We hope to illustrate that a few encouraging words can brighten someones day. Therefore, our positive statements will be visible throughout Clonakilty, in shop windows and on town railings. We encourage you to take the time to stop and read them and try to embrace the positive sentiment behind these statements. This year, we are delighted and grateful to have the support of the HSE, Cork Mental Health Foundation, Clonakilty Chamber of Commerce, St Vincent De Paul and both Clonakilty Secondary Schools.

Clonakilty Wellness Week would not be possible without the volunteers and service users who work tirelessly to make this festival a success. Without their dedication and determination, this event would not be possible, and our gratitude to all involved is immeasurable.

Clonakilty Wellness Week is a festival for the whole community, so please support this week, after all: Mental Health Is Everyone’s Business.

Unless otherwise stated, all events are open to everyone and free of charge.

Monday 4th May Itinerary

2pm - 4pm  Welly for Wellness - 3km Run/Walk. Clonakilty Show Grounds.
Venue: Individual €5, Family Ticket €10.
All proceeds donated to charity.
Fun Run/Walk starts at 3pm. Spot prizes on the day for best Welly and most creative Welly.

Welly Wanging Competition – Show us how far you can throw that Welly!!

Face painting, Cake sale and music by The Happiness Ensemble.
Come and enjoy a bit of welly madness.

Tuesday 5th of May Itinerary

10:30pm - 12:30pm  Mindfulness and Wellbeing.
Venue: West Cork Travellers Centre - College rd.
West Cork Travellers Centre will host a Mindfulness and Wellbeing variety morning. All welcome.

2pm - 3pm  Harp Meditation.
Venue: Cumasú Bus - Deasy’s Carpark.
Ms. Anja Bakker will be facilitating a meditation through the medium of Harp playing.

2pm - 3pm  Christian Mediation.
Venue: Clonakilty Community College.
Mr. Michael Lane will facilitate Christian Meditation for Transitional Year Students. Closed event.

4pm  The Happiness Ensemble.
Venue: Astna Square, Clonakilty.
The Happiness Ensemble will be performing a music session with the focus on happiness and positivity.

4:30pm - 5:30pm  Tea and a Biscuit – T.A.B.
Venue: Cumasú Bus, Deasy’s Car park.
Come along to the Cumasú Bus and have a chat with some of our wellness volunteers, we’ll provide the tea and biscuits!!

All day:  Poetry Wall.
Venue: Cumasú Bus, Deasy’s Car Park.
Feel inspired and add your thoughts on our Poetry Wall, which will be situated outside the Cumasú Bus throughout the week.

8pm-9pm  Christian Meditation.
Venue: Parish Centre, College Road.
Mr. Michael Lane will facilitate Christian Meditation in the Parish Centre. All welcome.

Wednesday 6th May Itinerary

10:30am - 12pm  Cycle Against Suicide.
Venue: Clonakilty G.A.A. Complex - Ahamilla
Clonakilty Community College is hosting Cycle against Suicide 2015. Participants in this year’s event will arrive in Clonakilty G.A.A. Complex, Ahamilla at 12pm, where food and refreshments will be provided.

Cyclists will be leaving the Clonakilty G.A.A. Complex at approximately 1.45pm and will head out along the bypass through the town. Please do come out and show support for such a worthy cause.

Special guest speaker: Entrepreneur and Charity Patron: Mr. Jim Breen will then make his way to give a Public Talk in the Clonakilty Community Hall, located adjacent to the Clonakilty Community College. Surprise celebrity guests may also be present.

Cycle Against Suicide works to break the cycle of suicide on the island of Ireland, and promotes positive mental health and wellbeing in one single message:

“It’s OK not to feel OK; and it’s absolutely OK to ask for Help”.

11am - 12noon  Diet & Nutrition.
Venue: Cumasú Bus, Deasy’s Car park.
Ms. Nuala Kenny will facilitate an event exploring some of the positive effects good nutrition can have on our health, focusing in particular on our mental health.

2pm - 3pm  Sacred Heart Secondary School.
Venue: Prayer Room.
Mr. Michael Lane will facilitate Christian Meditation for Transitional Year Students. Closed event.

All day:  Poetry Wall.
Venue: Cumasú Bus, Deasy’s Car park.
Feel inspired and add your thoughts on our Poetry Wall, which will be situated outside the Cumasú Bus throughout the week.

3pm-4pm  Addictions Talk.
Venue: Cumasú Bus, Deasy’s Car park.
Mr. Mick Divine, Addiction Counsellor from Tabor Lodge, will facilitate a talk on addictions and the supports that Tabor Lodge offer to families and the community.

4:30pm - 5:30pm  Tea and a Biscuit – T.A.B.
Venue: Cumasú Bus, Deasy’s Car Park.
Come along to the Cumasú Bus and have a chat with some of our wellness volunteers, we’ll provide the tea and biscuits!!

Thursday 7th May Itinerary

11am - 12:30pm  Creative Art Workshop.
Venue: Cumasú Bus: Deasy’s Car Park.
Art brings out the creative soul in all of us. Be creative for the morning and let your artistic side shine bright.

2pm - 4pm  National Poetry Day.
Venue: Cumasú Bus, Deasy’s Car Park.
Read, write and recite. Come along to the Cumasú Bus and help us celebrate National Poetry Day by reading your favourite poems. Or, if you are a local poet, join us on the bus and share your own poetry. Special guest recital by local poet, Mr Aidan Pendlebury.