

4:30pm - 6pm **Tea Party in aid of The Alzheimer Society of Ireland**

Venue: **Cumasú Bus, Deasy's Car Park.**

We are delighted to be hosting a fundraising Tea Party in aid of The Alzheimer Society of Ireland on National Tea Day. Please do come out and support this worthy cause. We'll provide the tea, cake 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.

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.**

Venue: **Cumasú Bus, Deasy's Carpark**

Come and experience a variety of therapies. An experience not to be missed!!

Ms. Dionne Irwin will provide Total Alignment, Santosha Yoga, information on Vinyasa Yoga, general health and weight loss.

Mr. John Irwin will provide information on Scenar Therapy, Medical Massage and will facilitate a talk on essential oils.

Julian will provide a session on Tibetan Singing Bowls. These create a very soothing and calming sound that is beneficial to relaxation, meditation and health.

Ms. Martina Dennehy will provide Spiritual Readings and Healing Integrated Energy Therapy.

4pm - 5pm **Therapists will facilitate a talk on Alternative Holistic Healing Therapies followed by a Questions and Answers session.**

7:30pm **Wellness Mass.**
Venue: **Church of the Immaculate Conception, Clonakilty.**

Clonakilty Wellness Week comes to a close with evening Mass being celebrated in the Church of the Immaculate Conception, Clonakilty. This mass will celebrate and promote positive mental health in our community.

 www.facebook.com/cumasu.ie

Contact Us: clonwellnessweek.com

 **Cork Mental Health**
FOUNDATION

Nore House, Bessboro Road, Blackrock, Cork, Ireland
E: admin@corkmentalhealth.com T: 00 353 21 4511100

SUPPORTED BY THE



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

ADVANCED RECOVERY INITIATIVE AND THE CLONAKILTY COMMUNITY

Clonakilty...



Date: **4th to 9th May 2015**

Venue: **Cumasú Bus, Deasy's Car Park**

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Contact Us: clonwellnessweek.com

 **Cork Mental Health**
FOUNDATION



Mental Health is Everyone's Business

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, destigmatizing 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 Cúmasu 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 and generate a positive atmosphere, one which permeates into the heart of our community. We believe 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 Cloankilty 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 Fun Run/Walk.**
Venue: **Clonakilty Show Grounds.**
Entrance Fee: 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 Meditation.**
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.