



Hello and welcome. Below is a brief update on some of the initiatives and developments in the area of mental health, wellbeing and recovery which are being supported by Mental health Ireland through the Development Officer, Mental Health Associations and Community & Statutory groups.

Gina Delaney, Development Officer, Mental Health Ireland



What's Been Happening?

There were lots of events promoting mental health across the South East most specifically in October around World Mental Health Day on 10th October.

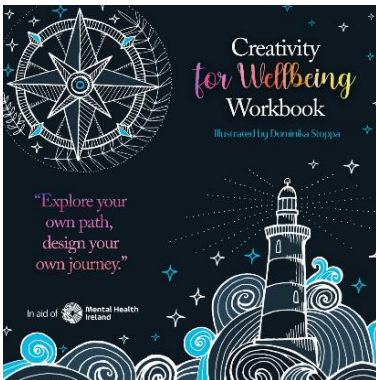
- MHAs and Community groups had dedicated events across the South East
- The MHI National Webinar/Workshop on Human Rights took place 5th October
- 'The Man I am' Webinar focussed on men's mental health on 12th October
- Presentation to students completing the DCU Family Peer Support Programme
- Coproduction Workshop at the Slovakian Mental Health Policy Conference
- Development of dedicated Mindfulness webpage for Mental Health Ireland



What's Ongoing?

Mental Health Ireland link with many groups in the South East working to promote mental health and wellbeing and recovery through partnerships & coproduction.

- MHI Mental Health Associations, Involvement Centres, Recovery Education in the Recovery College, Link Up Groups and Mental Health Forums in the South East
- Kilkenny Community Café Development led by LifeLinkk group
- Community Workers Peer Support Network meetings run monthly
- The development of a Mental Health Hub in Enniscorthy -Service Reform Fund
- Regional Steering Group for Face in the Crowd theatre production



What's Coming Up?

There are many events and initiatives coming up but this is only a flavour so keep an eye out on Facebook for more events and information.

- Sailing into Wellness initiative is open to anyone interested in improving their wellbeing through learning new skills in nature
- Woodlands for Health Carlow walking programme begins 26th November
- MHI Strategy launch and Creativity for Wellbeing Workbook launch at the annual Conference 27th November
- Deliver Mental Health and Wellbeing Workshop with Waterford Libraries 18th Nov
- The Kevin Plunkett award for mental health nurses closing date for applications is Wednesday, December 15th
- A Courageous Conversation Café 23rd November for intercultural wellbeing
- One Million Stars initiative celebration event 26th November via zoom
- Mind Out Mayo post primary school programme Webinar on 18th November



And so much more! Please check out the South East Wellbeing & Recovery Facebook page among others for more information and see look up some of the suggested groups, events and supporting information links

Find out more: www.mentalhealthireland.ie

Email gina@mentalhealthireland.ie Phone 0878353925

Facebook: <https://www.facebook.com/South-East-Wellbeing-Recovery-102059721548657>



START YOUR SAILING EXPERIENCE

THIS 4 DAY PROGRAM INTRODUCES PARTICIPANTS TO THE SKILLS OF SAILING WHILE ALSO BUILDING VITAL PERSONAL SKILLS SUCH AS WATER CONFIDENCE, ABILITY TO WORK IN A TEAM AND A SENSE OF ACHIEVEMENT.

Contribute to your Five Ways to Wellbeing

SAILING INTO WELLNESS

USING THE SEA TO INSPIRE CHANGE IN OUR COMMUNITIES

A NATURAL & HEALTHY WAY TO LOOK AFTER OUR PHYSICAL AND MENTAL WELL-BEING

BOOK YOUR PLACE
FOR MORE INFORMATION OR TO BOOK YOUR PLACE, CONTACT COLIN@SAILINGINTOWELLNESS.COM OR GINA@MENTALHEALTHIRELAND.IE

Mental Health and Wellbeing

Thursday 18th November at 2pm

Online - All Welcome!

with Gina Delaney, Mental Health Ireland



Please join us for a...

Webinar exploring the implementation of a social and emotional learning (SEL) programme for post-primary schools.

MINDOUT MAYO

Join us to find out more about...

- The importance of Effective Partnerships
- The Implementation of MindOut Mayo
- School Participants' Experience
- Overview of the MindOut Programme
- Promoting Mental Health in Schools
- Evaluation Report: Monitoring the Implementation of the MindOut Social and Emotional Learning Programme in Mayo Post-Primary Schools

Nov 18th
10.00am - 12.30pm
Online via Zoom

Registration via Eventbrite

FIND OUT MORE!

MHI Mental Health Associations

Carlow Mental Health Association www.carlowmentalhealth.ie

Kilkenny Mental Health Association www.facebook.com/kilkennymh

Wexford www.wexfordmentalhealthassociation.ie

Link Up Community and Statutory Groups

South Tipperary Action Network

www.business.facebook.com/SouthTipperaryActionNetwork

Lifeliink Kilkenny www.facebook.com/Lifeliinkkilkenny

Recovery Education and Peer Led Centres

Recovery College South East www.recoverycollegesoutheast.com

Involvement Centres Carlow Kilkenny or South Tipperary are on Facebook

Supporting Information Links

[World Mental Health Day 2021 - Mental Health Ireland](#)

[Certificate in Peer Support Working in Mental Health DCU - Mental Health Ireland](#)

[Home - Sailing into Wellness](#)

[Mindfulness & Meditation - Mental Health Ireland](#)

[Lifeliink – Raising Hope within the Community. – Community Radio Kilkenny City \(crkc.ie\)](#)

[GetIrelandWalking - 360 view of Barnaslingan](#) Woodland for Health

[Home - One Million Stars Ireland](#)

[Events - Waterford City & County Library Service \(waterfordlibraries.ie\)](#)

[Excellence Award to Recognise Work of Mental Health Nurses Launched on World Mental Health Day - Mental Health Ireland](#)

Other Useful Information

If you or someone you know needs additional support a good place to start is a phone call or visit to your family GP. There is a wealth of information available on www.yourmentalhealth.ie or by contacting the 'Your Mental Health' information line on 1800 111 888. Linking in with local supports in your community can be a great way to meet with others in a similar position (peer support)- you might like to try looking up one of these groups to find out more. If you need emotional support Samaritans are available on 116123 or you can text 'hello' to 50808, and in an emergency, dial 999 or 112

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