

Saint John of God Liffey Services World Mental Health and Wellbeing Week 2022

Book your tickets and find more information today on https://sjogliffeyservices.ie/wmhwevents2022/ Click on the event and register for tickets per event.







SJOG Liffey World Mental Health and Wellbeing Week 2022



Monday

	Danco Class	St. Raphael's Campus 10 – 11
TI	Dance Class	Islandbridge. 1-2
		Oratory, Islandbrige
Å		10.15 to 11am and 11.15 to 12pm
	Meditation	
		Chapel, St. Raphael's Campus
		1.30 to 2.15pm and 2.30 to 3.15pm
		Greengables, Exchange Hall
mo	Getting it Write	11 - 12am
	VVIICO	Green Room, Oakley Park House 2 – 3pm
	Bake Off Prep	11:30 Videos online



SJOG Liffey World Mental Health and Wellbeing Week 2022



Tuesday

*	Yoga	Coachmans, Kildare 10am
	Mural Painting	10:30 – 11:30am, 11:30 - 12:30pm, and 12:30 – 1:30pm Quadrangle, St. Raphael's Campus
	Sing-Along	Chapel, St. Raphael's Campus 1 – 3pm

Wednesday

	Blind Date	Sport's Hall, Kildare 12-3 Maldron Hotel, Tallaght 7-10 pm
オオ	Tea Dance	Venue to be announced 12-2pm
Å	Reminiscence	The Oratory, Islandbridge 11am Henry Gratton, Celbridge 10am or 1pm



SJOG Liffey World Mental Health and Wellbeing Week 2022



Thursday

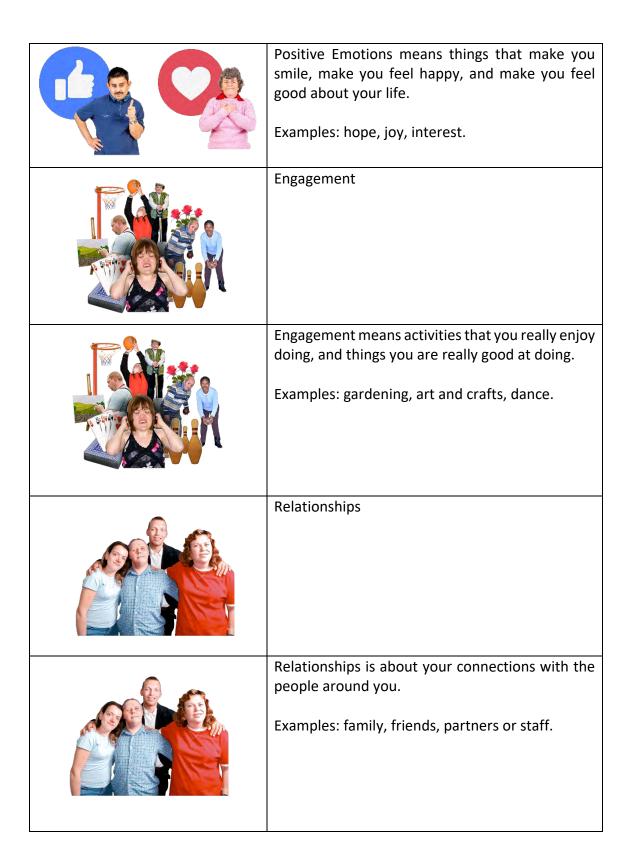
D 30	See What I Say	Islandbridge 10-11 or 11:30- 12:30 or 1-2
	Cooking Demonstration	Online Engage Zoom 11am
4	Bake-Off Judging	Tessa House 2pm

Friday

术	Sports Day	10:30 Celbridge Sports Hall
Anna Maria	Volunteering Talk	10am Resource Centre Celbridge 12 Main Hall Islandbridge
\bigcirc	Service of Reflection	Chapel, St. Raphael's Campus 11am

Engagement Relationships Meaning Positive Emotions Achievement Wellbeing	What is wellbeing?
	Wellbeing means that you are comfortable, healthy, and happy.
	It means feeling good about yourself and the world around you.
	It means that you are better able to deal with any problems or challenges that you may come across in your life
Engagement Relationships Meaning Positive Emotions Achievement	Lots of things can affect your wellbeing.
Wellbeing	This include things like exercise, diet, and relationships.

	There are different ways to improve your wellbeing
Pasitive Emotions PERMA Model	One of these is called the PERMA model
Positive Emotions PERMA Model	The PERMA model says that there are five pieces of wellbeing
****	You can use each of these five pieces to look at your own life
Pastive Emotions PERMA Model	These five pieces are:
	Positive Emotions





X	This will help you to find out if there is anything you would like to improve
	Your staff can support you to use the PERMA model if you like



WORLD MENTAL HEALTH WEEK:

DANCE CLASS

MONDAY OCTOBER 10TH

Kildare Class:

Venue: The Sports Hall, St. Raphael's, Celbridge

Time: 10am

Dublin Class:

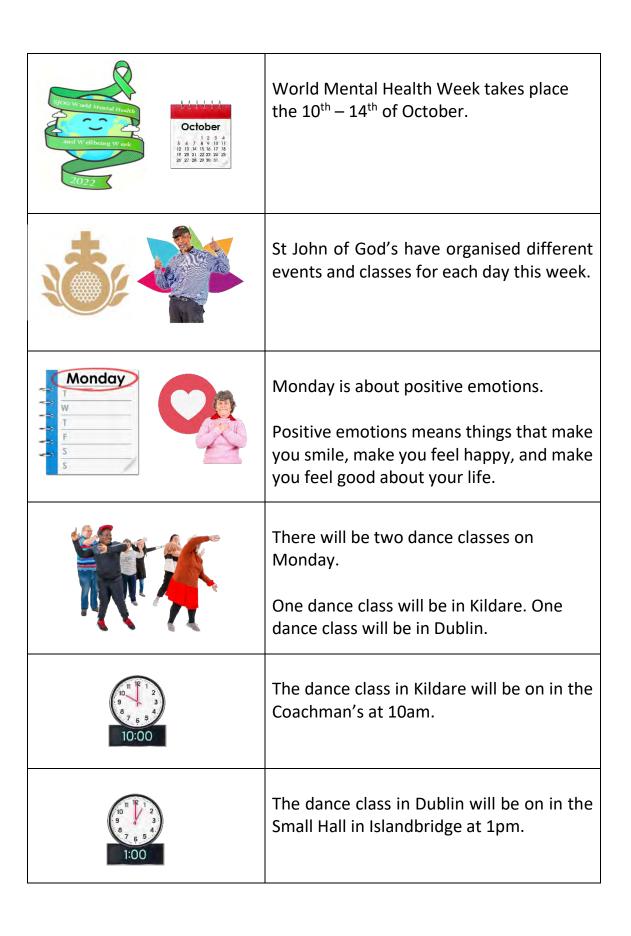
Venue: The Small Hall, Islandbridge

Time: 1pm









	Everyone is welcome to join the class. You can join if it is your first time doing a dance class.
	You can dance to upbeat music with friends.
45	The class will be 45 minutes long.
	You will be moving your body during the class. Wear comfortable clothes that you can stretch in.
Eventbrite	You can book a ticket for this class on Eventbrite.
	If you have any questions, you can ask Saoirse Roe. Her email is saoirse.roe@sjog.ie



GUIDED MEDIATION

Guided meditation led by Margaret Mulcaire (Healthcare Chaplain: 087 9980274) will take place on Monday 10th of October 2022. Two sessions will take place in Islandbridge and two in St Raphaels, Celbridge

MORNING SESSIONS:

Venue: The Oratory, Islandbridge

Time: 10.15 to 11am and 11.15 to 12 noon

AFTERNOON SESSIONS:

Venue: The Chapel, Celbridge

Time: 1.30 to 2.15 and 2.30 to 3.15



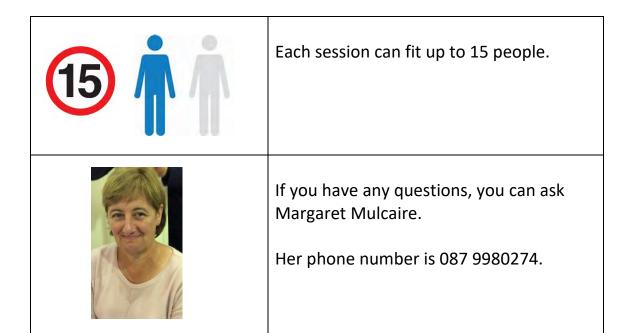


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Please note only 15 people per session



	Two meditation sessions will take place in the morning in The Oratory in Islandbridge.
10 12 1 2 9 8 7 6 5 4 10:15	One session will be at 10:15am.
10 12 1 2 9 8 8 7 6 5 4 11:15	One session will be at 11:15am.
	Two meditation sessions will take place in the afternoon in The Chapel in Celbridge.
10 12 1 2 9 3 8 7 5 4 T:30	One session will be at 1:30pm.
2:30	One session will be at 2:30om.
45	Each meditation session will be 45 minutes long.



- Photo of locations
- ? Eventbrite booking if numbers are capped



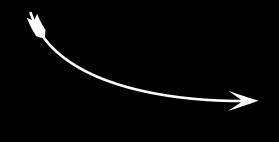
World Mental Health & Wellbeing Week 2022

Monday, October 10th

11—12pm: Greengables Meeting Room

2—3pm: Green Room, Oakley Park House

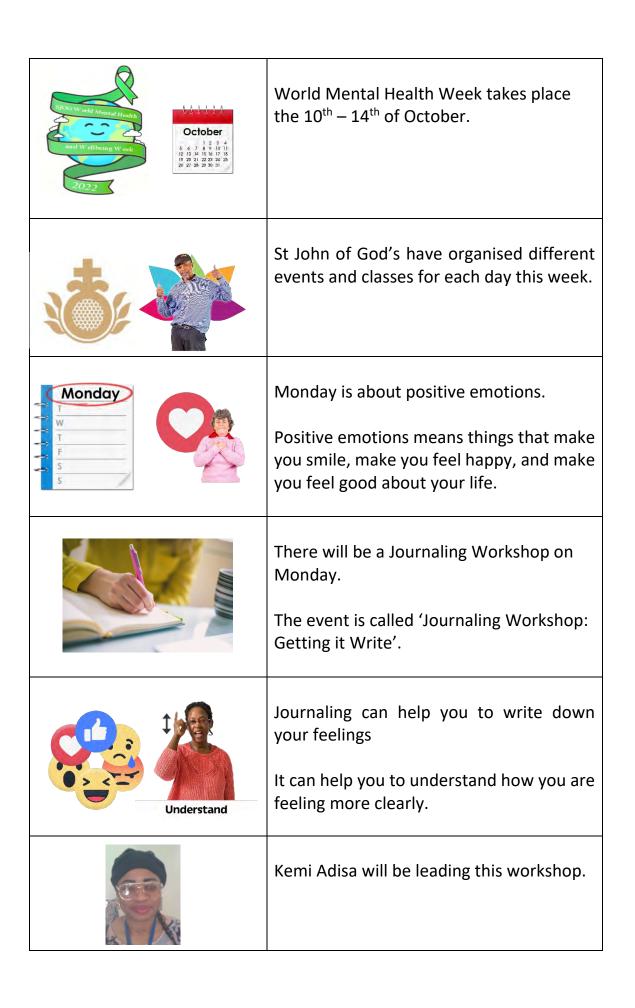
Register at: https://sjogliffeyservices.ie/wmhwevents2022/











	There will be two journaling workshops on Monday.
	One workshop will be in Kildare. One workshop will be in Dublin.
11:00	The workshop in Dublin will be on in the Greengables Meeting Room at 11am.
2:00	The workshop in Kildare will be on in the Greenroom at 2pm.
	Please bring along a pen and some paper.
	You can bring coloured pens if you could like.
Eventbrite	You can book a ticket for this class on Eventbrite.
	Click on the link:



If you have any questions, you can ask Kemi Adisa.

Her phone number is 0868094036.

- Pictures of locations
- Link for Eventbrite



WORLD MENTAL HEALTH AND WELLBEING WEEK: YOGA WORKSHOP

Kildare

Date: Tuesday 11th October

Time: 10AM

Location: The Coachman's, Kildare

Remember to bring your yoga mats!

Dublin

Date: Tue 11th Oct

Time 11am or 1pm

Location: Greengables



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Sloc World Mental Realth October 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 19 12 23 24 25 26 27 28 27 30 31	World Mental Health Week takes place the 10 th – 14 th of October.
	St John of God's have organised different events and classes for each day this week.
Tuesday W T F S S S	Tuesday is about engagement. Engagement means activities that you really enjoy doing, and things you are really good at doing.
	Christine Dunworth will be teaching a Yoga class on Tuesday.
	Everyone is welcome to join the class. You can join if it is your first time doing Yoga.
	The class will be on in the Coachman's in Kildare.

	The class will start at
45	The class will be 45 minutes long.
	You will be moving your body during the class. Wear comfortable clothes that you can stretch in.
Eventbrite	You can book a ticket for this class on Eventbrite. Click on the link:
	If you have any questions, you can ask Shelly Breslin. Her email is shelly.breslin@sjog.ie

- Photo of Shelly (requested)
- Time of event
- Link for Eventbrite

Vipos World Mental Health October 1 2 3 4 5 6 7 8 9 18 11 12 13 14 15 16 17 18 19 12 23 24 25 25 25 27 28 29 39 31	World Mental Health Week takes place the 10 th – 14 th of October.
	St John of God's have organised different events and classes for each day this week.
Tuesday I F S S S S	Tuesday is about engagement. Engagement means activities that you really enjoy doing, and things you are really good at doing.
	Michelle Magner will be teaching a Yoga class on Tuesday.
	Everyone is welcome to join the class. You can join if it is your first time doing Yoga.
	WHERE

	WHEN
45	The class will be 45 minutes long.
	You will be moving your body during the class. Wear comfortable clothes that you can stretch in.
Eventbrite	You can book a ticket for this class on Eventbrite. Click on the link:
	If you have any questions, you can ask Michelle Magner. Her email is michelle.magner@sjog.ie

- Confirmation of locationTime of event
- Link for Eventbrite



WORLD MENTAL HEALTH WEEK: ART MURAL

Set your mind free! Using colours, shapes or pictures draw something that makes you Happy and Smile! Work in groups or on your own to come up with a design that makes you feel happy! Enter your design and come along to the Art Mural Day on 11th October 2022.

Event: Design your Art Mural

Send it to: cathy.hayes@sjog.ie

Design Deadline: 30.9.2022

Date of Art Mural: 11.10.2022

Time Slots:

10:30 - 11:30,

11:30 - 12:30,

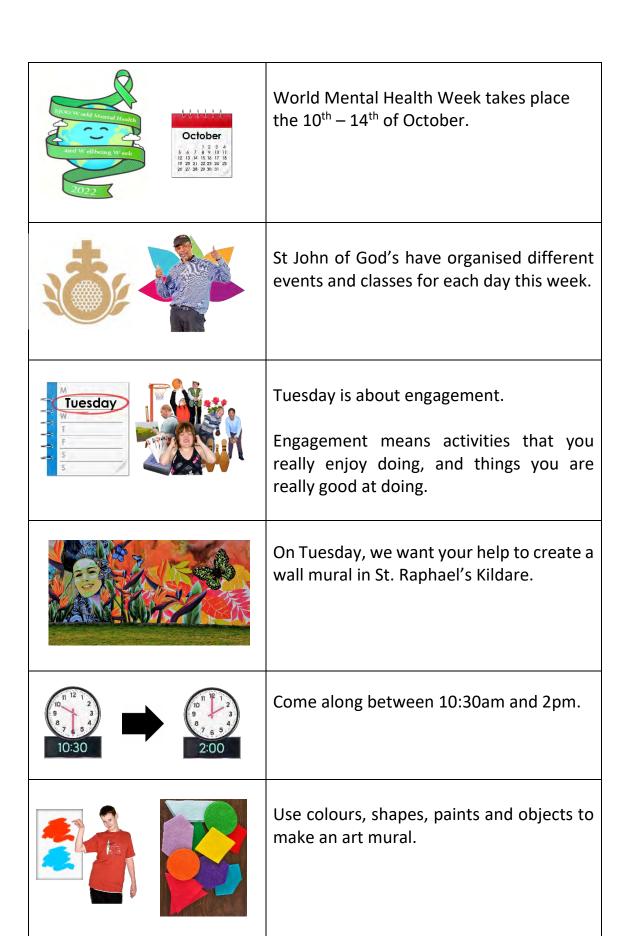
12:30 - 1:30

Location: Quadrangle St. Raphael's









	Meet up with friends and make new friends.
	Wear old clothes. They might get dirty!
Art Mural Design This makes me happy and smile	Send your mural design to Cathy by 30 th September.
	If you have any questions, you can ask Cathy Hayes. Her email is cathy.hayes@sjog.ie

- Times? - ? need to book time slots

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SING-ALONG WITH HANS & MARK

Tuesday, October 11th

1pm to 3pm

The Chapel, St. Raphael's Celbridge



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	The concert is on in the Church in Celbridge.
100 12 1 2 9 3 8 7 6 5 4 1:00	The concert will start at 1pm.
2 HOURS	The concert will be 2 hours long.
	Tea and coffee will be available.
Eventbrite	You can book a ticket for this concert on Eventbrite. Click on the link:
	If you have any questions, you can ask Mark Holland. His email is mark.holland@sjog.ie

- Photo of church in Celbridge
- Link for Eventbrite



WORLD MENTAL HEALTH WEEK:

Blind Date
 Spot prizes
 Finger Food
 DJ's

KILDARE

12pm

Sports Hall St. Raphael's, Clane Rd, Celbridge

DUBLIN

7pm – 10pm

Maldron Hotel, Tallaght

Why: Fun, Friendship And Chance To Meet That Special Someone!

Contact: Ian

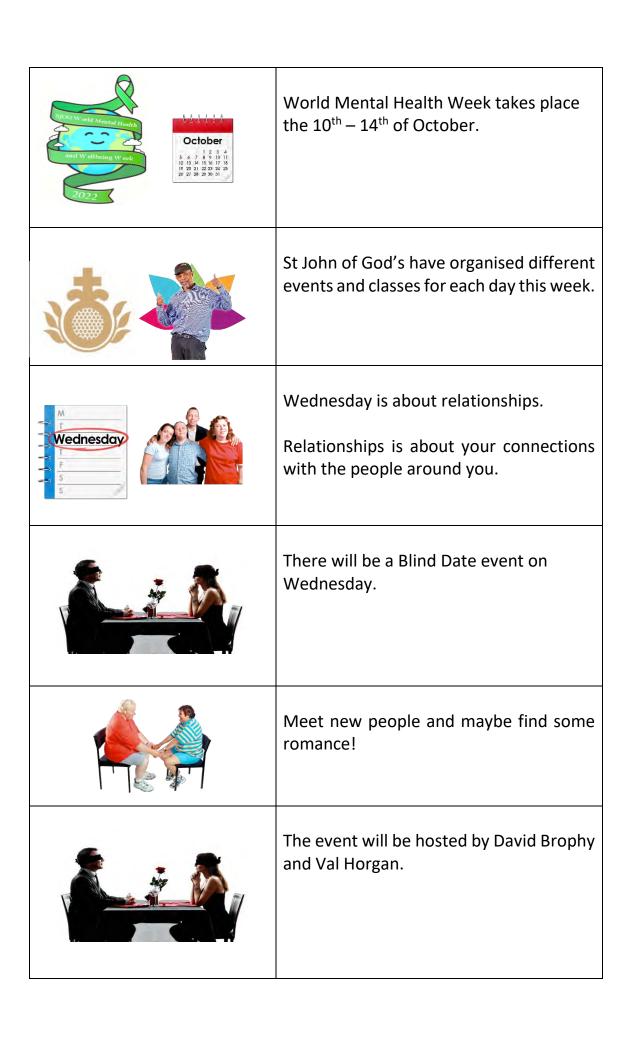
Email: lan.byrne@sjog.ie Mobile: 087 6380372







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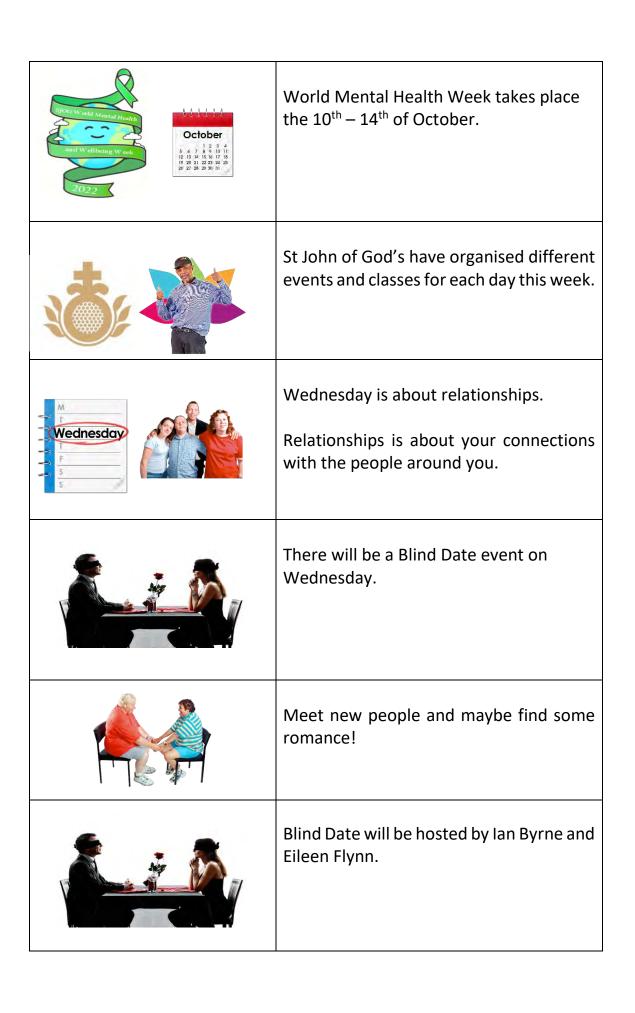


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You can take part in the blind date, or watch others take part.
You can dance with DJ Rossi G.
This event will be on in the Sports Hall in St. Raphael's.
It will start at 12pm and end at 3pm.
Tea and coffee will be provided.
There will be a raffle with spot prizes.



If you have any questions, you can ask Cathy Hayes.

Her email is cathy.hayes@sjog.ie



	You can take part in the blind date, or watch others take part.
	You can dance with the Menni DJs.
	This event will be on in the Maldron Hotel Tallaght.
7:00 THE 1 2 9 3 8 7 6 5 4 7:00	It will start at 7pm and end at 10pm.
	Tea and coffee will be provided.
An 615829 An 615829 See 551	There will be a raffle with spot prizes.



If you have any questions, you can ask Cathy Hayes.

Her email is cathy.hayes@sjog.ie



WORLD MENTAL HEALTH WEEK:

REMINISCENCE

With Margaret and Veronika

October 12th 11am The Oratory, Phoenix View, Islandbridge

With Liz Mc Guinness, Rose Able and Maireas Flanagan

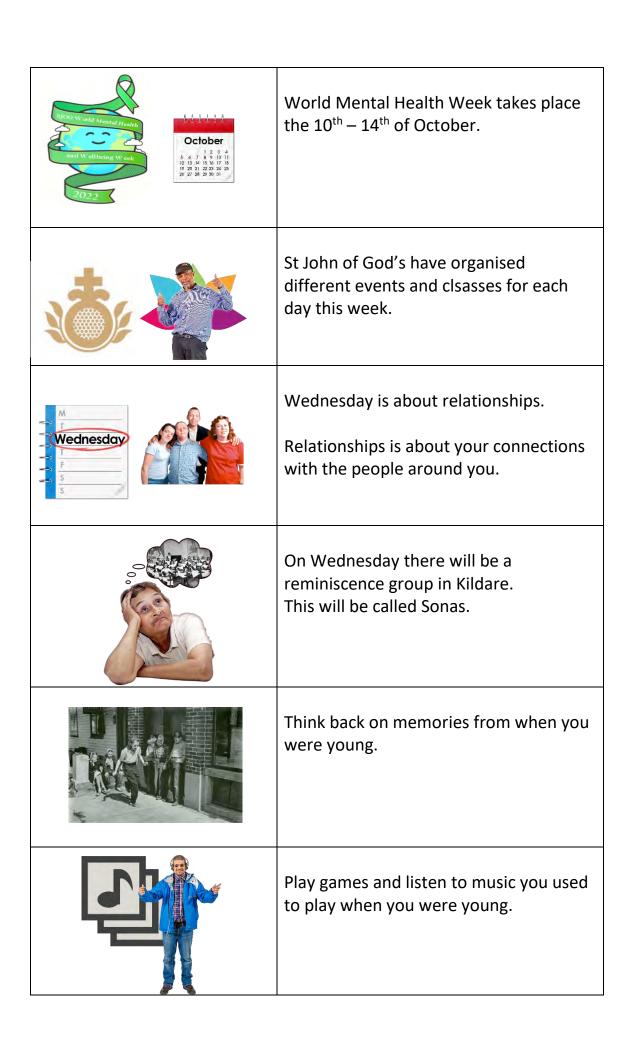
10 am - 11am or 12 -1pm

Hennry Grattan, Celbridge



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You can bring an object or photograph that reminds you of these times.
You can tell others the story behind your photo or object.
There will be one group for people aged 50-60 years. There will be another group for people over 60 years old.
The time and place of these events are to be confirmed.
If you have any questions, you can ask Cathy Hayes. Her email is cathy.hayes@sjog.ie



WORLD MENTAL HEALTH WEEK: TEA DANCE

Event: Tea Dance

Facilitator: Liz Ryan & Tom Horan (National Concert Hall)

Date: Wed Oct 12th

Time: 12pm—2pm

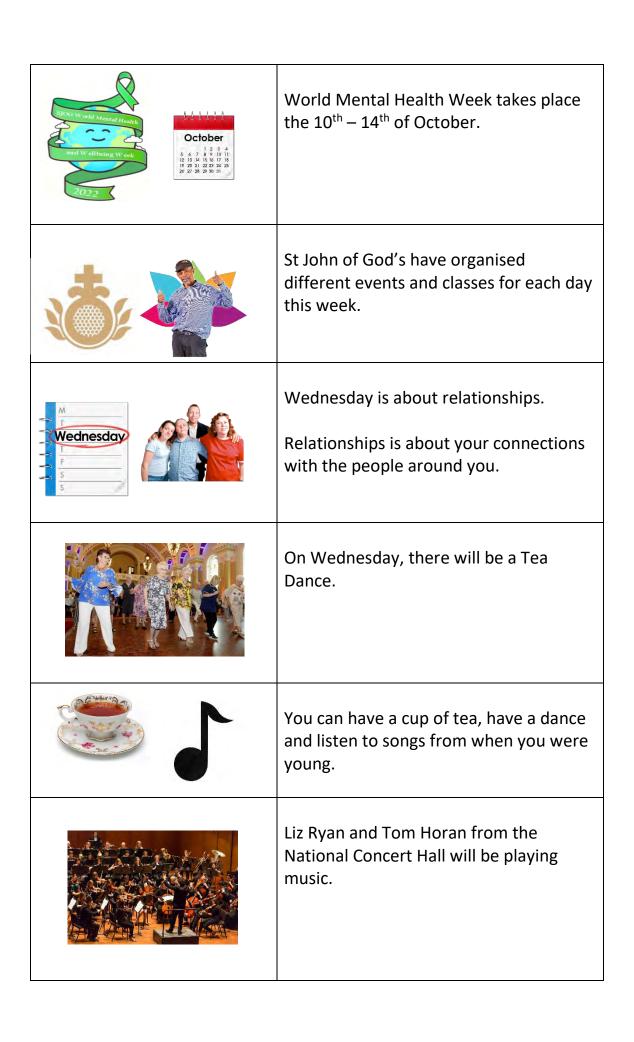
Location: To be Confirmed

Contacts: Cathy Hayes & Louise Buckley









	Sing and dance with your friends.
	There will be tea and coffee at the Tea Dance.
12:00 12:00	The Tea Dance will start at 12pm and finish at 2pm.
0	If you have any questions, you can ask Cathy Hayes. Her email is cathy.hayes@sjog.ie



WORLD MENTAL HEALTH WEEK:

see What i Say

Descriptive writing class with Yvonne Cullen

When: Monday, October 10th

Time: 10-11am, 11:30am- 12:30pm, 1pm-2pm

Where: Memorial Park in Islandbridge

This class will be outdoors.

Bring warm clothes, a coat and an umbrella.

If it is raining, this class will take place indoors. in Islandbridge.







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	Yvonne will bring you on a walk in the park. Yvonne will ask you what you can see and feel. Yvonne will help you to make these feelings into a poem or piece of writing.
	Everyone is welcome to join the class. You can join if it is your first time writing.
	If it is raining, this class will take place indoors in Islandbridge.
60	There will be four different classes on over the day. Each class will be 1 hour long.
	This class will be outdoors. Bring warm clothes, a coat and an umbrella.
	If it is raining, this class will take place indoors in Islandbridge.

Eventbrite	You can book a ticket for one of these classes on Eventbrite. Click on the link:
	If you have any questions, you can ask Karla Duffy. Her email is karla.duffy@sjog.ie



Fiona's Food for Life

Recipe Demonstrations and Tips for Healthy Eating

How to Take Part:

Online demonstration at 11am, 13th October Use this link: https://sjogliffeyservices.ie/wmhwevents2022/

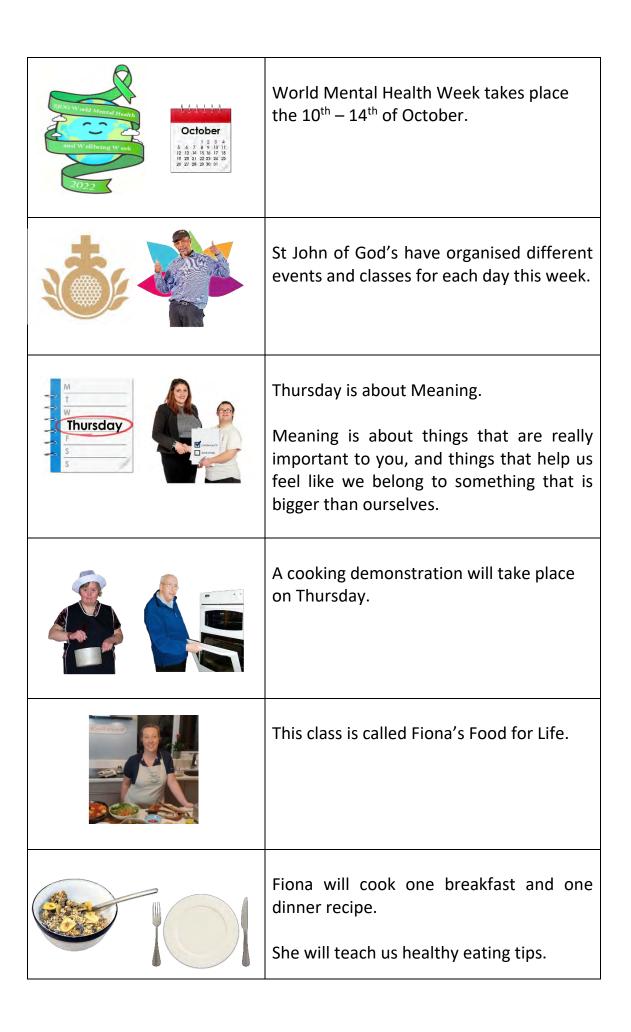




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As part of World Mental Health and Wellbeing Week 2022





11:00 200m 200m	This class will take place at 11am over Zoom.
60	The class will be 1 hour long.
	If you have any questions, you can ask Karla Duffy. Her email is karla.duffy@sjog.ie

- ? Cook along – do people need to get info/ingredients in advance?



HAVE YOU GOT WHAT IT BAKES?! THE GREAT SJOG BAKE OFF! 13TH OCTOBER 2022

How to Take Part:

1. Log onto: https://sjogliffeyservices.ie/wmhwevents2022/bake-off/

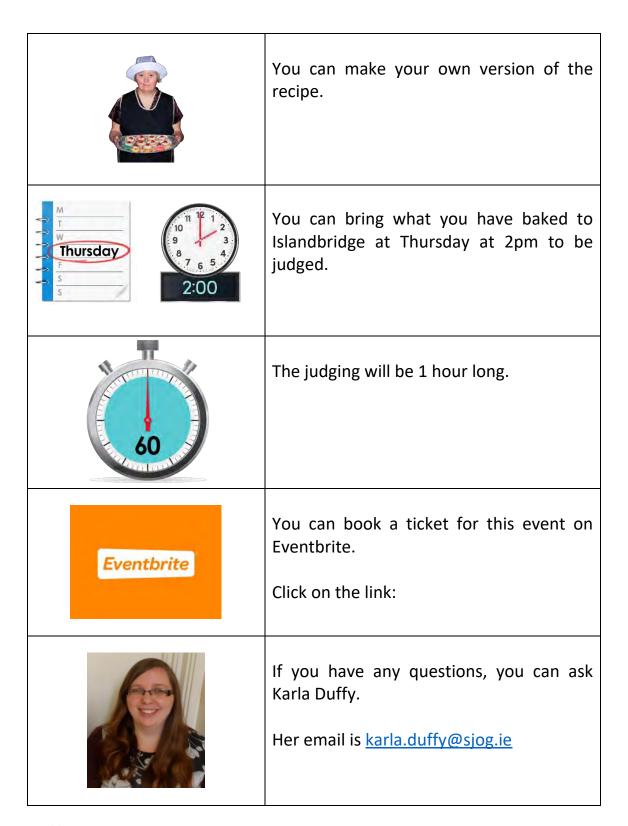




- 2. Bake your creation!
- 3. Go to the Bake-Off Event and show off what you've made







- Link for Eventbrite
- Link for video of recipes



FRIDAY OCTOBER 14TH

Venue: Main Hall Celbridge

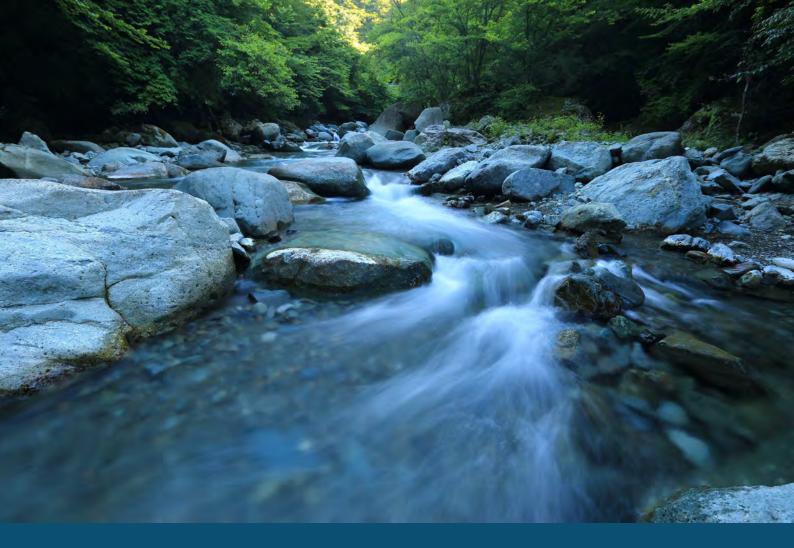
Time: 10.30am - 12 pm





	TIME
60	The sports day will be 1-2 hours long. You can stay as long as you want.
	You will be moving your body playing sports. Wear comfortable clothes that you can move easily in.
Eventbrite	You can book a ticket for this class on Eventbrite. Click on the link:
	If you have any questions, you can ask Shelly Breslin. Her email is shelly.breslin@sjog.ie

- Photo of Shelly (requested)
- Link for Eventbrite
- Confirm what events whereTime of event



WORLD MENTAL HEALTH WEEK: REFLECTION SERVICE



You are invited to our service of reflection, a time to reflect

through music, readings and poetry, led by Margaret our Chaplain.

Theme: Wellsprings of living water

Venue: The Chapel in Celbridge

Time: 11am

Date: Friday 14th of October 2022







	The theme of this service is 'Wellsprings of Living Water'.
	There will be music, readings and poems at the service.
	This service will be on in the Chapel in Celbridge.
10 1 2 1 2 9 3 3 8 7 6 5 4 11:00	The service will start at 11am.
	If you have any questions, you can ask Margaret Mulcaire. Her phone number is 087 9980274.

- Photo of location



WORLD MENTAL HEALTH WEEK: VOLUNTEER

Find out how we can give our time to help other people.

Friday 14th October

10am- Resource Centre in Celbridge

12pm- Main Hall in Islandbridge

Contact: Peter Fanthom

peter.fanthom@sjog.ie







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10:00 10:00	The talk will be on in the Resource Centre in Celbridge at 10am.
10 12 1 9 3 8 7 6 5 4	The talk will be on again in the Main Hall in Islandbridge at 12pm.
10 Minutes	Each talk will last about 10 minutes.
	If you have any questions, you can ask Peter Fanthom. His email is peter.fanthom@sjog.ie