

LAOIS CONNECTS
Positive Mental Health
Awareness Initiative | OCTOBER
2021



Programme of Events
WEEK FOUR

Monday 25th October –
Sunday 31st October

LAOIS
connects



Timetable

Monday 25th October – Sunday 31st October

Monday 25th Oct | 8-8:45pm

Laois Sports Partnership

LAOIS WELLNESS - BALANCE AND MOBILITY

Laois Wellness is an online health and wellness programme for adults in Laois for the month of October 2021. It is a mixture of gentle movement classes, health and nutrition workshops. The online exercise sessions will be delivered through Zoom and you will perform them in your own home. We will send you written instructions for downloading and using Zoom before the programme starts.

To register, email: ruthtruefitness@gmail.com

Tuesday 26th Oct | 11.30am

*Sport & Leisure Section Laois County Council
in partnership with Heritage House, Abbeyleix*

TAI CHI YOGA

Heritage House, Abbeyleix - A fun and dynamic new blend of Tai Chi exercises and Standing Yoga poses to stretch, energise and relax your entire body, combining breathing, movement and mental focus to explore, enhance and circulate the body's Qi. Each class is different, playful and fun. 4 week programme.

Contact: sports@laoiscoco.ie to book a place

Tuesday 26th Oct

LOETB & Library

WELLBEING THROUGH ART

Week 4 of 4 Durrow and Stradbally Library with LOETB

Tuesday 26th Oct | 2pm-4pm

Arts Department Laois County Council

FELT-MAKING WORKSHOP

Join us for a fun introduction to Felt-making with textile artist Maria McGarry in the **Laois Arthouse Stradbally**. Learn the technique of laying fibres of Merino wool to create felt using soapy water and gentle rolling. Participants will connect with the tactile nature of the wool and gently transform it into felt fabric as a blossoming felt flower. The process is fun whilst also meditative. Maria McGarry is a textile artist and crafter for over 25 years in quilting, feltmaking, fibre and paper craft. She has studied at NCAD and studied textile art in Crawford College Cork. Free event - booking essential - limited numbers.

Contact: Telephone: 057 86 64033/13 or Email: artsoff@laoiscoco.ie

Wednesday 27th Oct

LOETB

MINDFULNESS

Week 4 of 4 Portlaoise and Abbeyleix Further Education and Training Centre with LOETB

Wednesday 27th Oct | 11am-12pm

Laois Sports Partnership in partnership with Mental Health Ireland

FIVE WAYS TO WELLBEING ACTION PLAN

An opportunity to develop your personal action plan to support resilience. Please email for registration and your free Action Plan Booklet.

Contact: finola@mentalhealthireland.ie
or 086 8653387

Wednesday 27th Oct | 12.00pm

Sport and Leisure Section, Laois County Council in partnership with Arthritis Ireland Laois Branch

TAI CHI YOGA

Peoples Park Portarlington, Arthritis Ireland Laois Branch - closed session.

Wednesday 27th Oct | 1.00pm

Sport and Leisure Section, Laois County Council in partnership with Laois Sports Partnership

TAI CHI YOGA

Peoples Park Portarlington - A fun and dynamic new blend of Tai Chi exercises and Standing Yoga poses to stretch, energise and relax your entire body, combining breathing, movement and mental focus to explore, enhance and circulate the body's Qi. Each class is different, playful and fun. 4 week Programme.

Booking: Contact Catriona at cslattery@laoissports.ie • 057 8671248



Wednesday 27th Oct | 7.00pm

Laois PPN

A TALK WITH RORY (RORY'S STORIES)

Abbeyleix Manor. A talk with Rory O'Connor of Rory's Stories. Rory has a huge social media following with over a million social media followers between Facebook and Instagram. Rory is well known for comedy sketches, is a best selling author and a mental health advocate. The event will be in person and capped at 50 attendees.

To Register: Contact ppn@laoiscoco.ie

Wednesday 27th Oct | 7.00pm

GROW

REDUCING ISOLATION THROUGH THE GROW PROGRAMME

Online Zoom Presentation aimed at Reducing Isolation through the Grow programme.

To Register: email michellemccormick@grow.ie
or phone 086 4183805

Wednesday 27th Oct | 8-8:45pm

Laois Sports Partnership

LAOIS WELLNESS - FLEXIBILITY FOR ALL

Laois Wellness is an online health and wellness programme for adults in Laois for the month of October 2021. It is a mixture of gentle movement classes, health and nutrition workshops. The online exercise sessions will be delivered through Zoom and you will perform them in your own home. We will send you written instructions for downloading and using Zoom before the programme starts.

To register, email: ruthtruefitness@gmail.com

Thursday 28th Oct | 9.30am

*Sport and Leisure Section, Laois County Council
in partnership with Twin Trees Festival*

HIIT

Ballinakill GAA Club - High Intensity Interval Training, or HIIT, is a type of workout that consists of short periods of intense exercise that get your heart rate up quickly between intervals of less intense exercise or complete rest. HIIT promises the best workout in the least amount of time. 2 sessions per week for 6 weeks.

Contact: Text 086 833 1772 to book.



Thursday 28th Oct | 8-8:45pm

Laois Sports Partnership

LAOIS WELLNESS - HEALTH EDUCATION WORKSHOP

Laois Wellness is an online health and wellness programme for adults in Laois for the month of October 2021. It is a mixture of gentle movement classes, health and nutrition workshops. The online exercise sessions will be delivered through Zoom and you will perform them in your own home. We will send you written instructions for downloading and using Zoom before the programme starts.

To register, email:

ruthtruefitness@gmail.com

Friday 29th Oct

LOETB @ Library

WELLBEING THROUGH ART

Week 4 of 4 Mountmellick Library with LOETB

Friday 29th Oct | 11.00am

Sport and Leisure Section, Laois County Council in partnership with Arthritis Ireland Laois Branch

TAI CHI YOGA

Castletown - Arthritis Ireland Laois Branch - Closed Session



Friday 29th Oct | 10am-12.30pm

Mental Health Ireland

WRAP

Wellness Recovery Action Plan WRAP® is a wellness and recovery approach that helps people to:

- 1) decrease and prevent intrusive or troubling feelings and behaviours;
- 2) increase personal empowerment;
- 3) improve quality of life; and
- 4) achieve their own life goals and dreams.

To register: *Places are limited*

<https://www.eventbrite.ie/e/mental-health-ireland-laois-connect-4-week-wrap-programme-tickets-174281499657>

finola@mentalhealthireland.ie • 086 835 3387

Saturday 30th Oct | 9.30am

Park Run

PARK RUN

Vicarstown Parkrun is a FREE weekly 5km event for participants of all standards, which takes place every Saturday at 9:30am in Grand Canal Bank, Vicarstown, Portlaoise, Co. Laois. It is not a race against other runners, but a 5k timed event and it can really be whatever you want it to be, whether that's for fun or as part of a training plan.

For more information on Park Run visit:

www.parkrun.ie

Sunday 31st Oct | 11.00am

Park Run

JUNIOR PARK RUN

Vicarstown Parkrun - A 2k run for ages 4 to 14.

For more information on Park Run visit:

www.parkrun.ie/vicarstown-juniors/

LAOIS connects

in association with



LAOIS COUNTY COUNCIL
 Áras an Chontae,
 Portlaoise, Co. Laois



loetb
 Bord Oideachais agus Oiliúna
 Laoise agus Ullmh Pháilí
 Laois and Offaly
 Education and Training Board



Healthy Laois



Mental Health Ireland



Feidhmeannacht na Seirbhíse Sláinte
 Health Service Executive



LAOIS SPORTS PARTNERSHIP
 COMHAR SPÓIRT NA LAOISE
 — SPORT IRELAND —



Arthritis Ireland
 Laois

