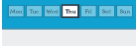
















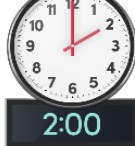










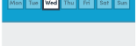



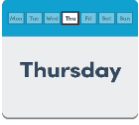



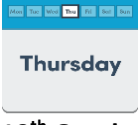












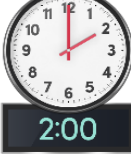






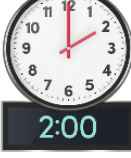






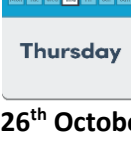






Planned Events 9th – 27th October 2023

Date	Time	Theme	Event
<p>Monday 9th October</p>	<p>11:30</p>	<p>Keep learning</p>	<p>Information on what's on during Mental Health Month On Mondays with Catherine Session Hosted by Catherine O Mahoney Online session, On Avista E-Hub At 11:30am</p>
<p>Monday 9th October</p>	<p>2:00</p>	<p>Keep learning</p>	<p>Health and Wellbeing Hosted by Sharon Joyce and Jane O Connell Online session, On Avista E-Hub At 2pm.</p>
<p>Tuesday 10th October</p>	<p>11:00</p>	<p>Connect</p>	<p>AVISTA Values Chats Hosted by Eve Roseingrave Online session, On Avista E-Hub At 11:00am</p>
<p>Tuesday 10th October</p>	<p>2:00</p>	<p>Connect</p>	<p>KAHOOT QUIZ Hosted by Kelsey Fitzsimons Online session, On Avista E-Hub At 2:00pm</p>
<p>Tuesday 10th October</p>	<p>2:30</p>	<p>Keep learning</p>	<p>Citizens Information Event Cabra Library, Dublin 7. At 2:30pm</p>
<p>Wednesday 11th October</p>	<p>11:00</p>	<p>Connect</p>	<p>Getting to know Us. Hosted by Catherine and Philomena Online session, On Avista E-Hub At 11:00am</p>
<p>Thursday 12th October</p>	<p>9:45</p>	<p>Be active</p>	<p>Functional Fitness Hosted by Carmen Martinez Online session, On Avista E-Hub, At 9:45am</p>

 Thursday 12th October	 1:00	 Keep learning	 Webinar 'How to approach the Menopause with Dr. Rita Galimberti Online Event details will be circulated via email
 Friday 13th October	 October	 Be active	 Walking Challenge Start date. Walk, Run, dance, or stroll for 30 minutes a day for the rest of the month of October. At the end of the month submit a picture of your step count or a photo of yourself being active during the month of October to be added to a prize drawer. WhatsApp your photo to Gemma Dempsey at: 0874058151. Winner will be announced on 1 st November.
 Friday 13th October	 11:30	 Take notice	 Mindfulness for All Hosted by Penelope Toniacini Online session, On Avista E-Hub At 11:30am
 Monday 16th October	 11:30	 Keep learning	 Wellbeing Drop-in Information session on Mental Health Hosted by Catherine O Mahoney In the Galvin Building St Vincent's Centre, Navan Rd At 11:30am
 Monday 16th October	 2:00	 Keep learning	 Health and Wellbeing Hosted by Sharon Joyce and Jane O Connell Online session, On Avista E-Hub At 2:00pm
 Tuesday 17th October	 11:30	 Be active	 Dance Expression Hosted by Pauline Online session, On Avista E-Hub At 11:30am
 Tuesday 17th October	 2:00	 Connect	 KAHOOT QUIZ Hosted by Kelsey Fitzsimons Online session, On Avista E-Hub At 2:00pm
 Wednesday 18th October	 11:00	 Connect	 Getting to know Us. Hosted by Catherine and Philomena Online session, On Avista E-Hub At 11:00am

 <p>Thursday 19th October</p>	 <p>9:45</p>	 <p>Be active</p>	 <p>Functional Fitness Hosted by Carmen Martinez Online session, On Avista E-Hub, At 9:45am</p>
 <p>Thursday 19th October</p>	 <p>4:00</p>	 <p>Keep learning</p>	 <p>*Competition* Show how you 'Keep Learning' or host an event in your area around this theme to be in with a chance to win a prize. Send on a photo demonstrating how you keep learning or of the event you have hosted by the end of the day today 19th October to be in with a chance to win a prize! Send your photo to Gemma Dempsey on WhatsApp @ 0874058151</p>
 <p>Friday 20th October</p>	 <p>10:00</p>	 <p>Keep learning</p>	 <p>Pop up Mental Health Awareness information stand Information on Stress and Anxiety will be available and five ways to supporting Mental health. Outside rooftop Café All Day!</p>
 <p>Friday 20th October</p>	 <p>11:00</p>	 <p>Take notice</p>	 <p>Trishaw Taster With Stephen Mc Guinn from Fingal In St Vincent Centre, Navan Rd, Dublin. location on campus to be confirmed* At 11:00am Register your interest by emailing your name and contact details to gemma.dempsey@avistaclg.ie.</p>
 <p>Friday 20th October</p>	<p>All Day</p>	 <p>Take notice</p>	 <p>Mental Health Ireland Mindfulness and Meditation Link to resources available on Avista E-Hub All Day!</p>
 <p>Monday 23rd -26th October</p>	<p>All Day</p>	 <p>Give</p>	  <p>Volunteers wanted to collect donations for MH Ireland outside SPAR, Navan Rd. Short slots each day from <u>23rd – 26th October</u> Register your interest by emailing your name and contact details to Gemma.Dempsey@avistaclg.ie Please mention a preferred day or time you'd like to take part. Mental Health Ireland T-shirts can be supplied if you provide your prefer size before 12th October.</p>

 <p>Monday 23rd October</p>	 <p>11:30</p>	 <p>Keep learning</p>	 <p>Stress and Anxiety discussion On Mondays with Catherine Session Hosted by Catherine O Mahoney Online session, On Avista E-Hub At 11:30am</p>
 <p>Monday 23rd October</p>	 <p>2:00</p>	 <p>Keep learning</p>	 <p>Health and Wellbeing Hosted by Sharon Joyce and Jane O Connell Online session, On Avista E-Hub At 2pm.</p>
 <p>Tuesday 24th October</p>	 <p>11:30</p>	 <p>Be active</p>	 <p>Dance Expression Hosted by Pauline Online session, On Avista E-Hub At 11:30am</p>
 <p>Tuesday 24th October</p>	 <p>2:00</p>	 <p>Connect</p>	 <p>KAHOOT QUIZ Hosted by Kelsey Fitzsimons Online session, On Avista E-Hub At 2:00pm</p>
 <p>Wednesday 25th October</p>	 <p>11:00</p>	 <p>Connect</p>	 <p>Getting to know Us. Hosted by Catherine and Philomena Online session, On Avista E-Hub At 11:00am</p>
 <p>Thursday 26th October</p>	 <p>9:45</p>	 <p>Be active</p>	 <p>Functional Fitness Hosted by Carmen Martinez Online session, On Avista E-Hub, At 9:45am</p>
 <p>Thursday 26th October</p>	<p>*Time to be Confirmed</p>	 <p>Be active</p>	 <p>Fancy Dress Fun Exercise Class Facilitated by Carmen In St Vincents Centre Gym, Navan Rd, Dublin 7. Details to be confirmed closer to time. Open to all. Register your interest by emailing your name and contact details to gemma.dempsey@avistaclg.ie</p>

 <p>Friday 27th October</p>	 <p>11:00</p>	 <p>Connect</p>	 <p>Connect Café An opportunity to connect with others in your community. Tea, Coffee, Sweet Treats, and Spot Prizes! Donations welcome for Mental Health Ireland. Sponsored by our local Spar, Navan Rd, and the BREFFNI INN Pub.</p>   <p>Volunteers Welcome! If you are interested in volunteering to facilitate this event, please email your name, and contact details to gemma.dempsey@avistaclg.ie</p>
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If you have any questions, please contact Gemma Dempsey. Phone: 0874058151 / PH EXT 5609

Email: gemma.dempsey@avistaclg.ie or Michelle Deegan: Email: Michelle.Deegan@avistaclg.ie