

Cavan Events for MENTAL HEALTH AWARENESS MONTH MAY 2019

Walks, talks and well being events

WALKS



Cavan Geopark

Friday 3rd May @ 7:00pm

Burren Park Walk
Start: Interpretative Centre
Distance: 6km Easy

Monday 6th May @ 3:00pm

Ballyconnell Woodford Walk
Start: Ballyconnell Playground
Distance: 6km Easy

Saturday 4th May @ 11:00am

Cavan Way Shannon Pot to Blacklion
Start: Market House Blacklion
Distance: 13km Hard

Wednesday 8th May @ 7:00pm

Garvagh Lough Loop
Start: Gowlan Church Blacklion
Distance: 6km Easy

Sunday 5th May @ 11:00am

Cavan Way Dowra to Shannon Pot
Start: Market House Blacklion
Distance: 13km Hard

Friday 10th May @ 7.00pm

Moygashel Cashel
Start: Gowlan Church Blacklion
Distance: 5km Easy

Bailieborough Walking Group

Saturday 4th May @ 11:00am

Bailieborough Forest Walk
Start: Business Centre
Distance: 5km Moderate

Tuesday 7th May @ 7:15pm

Dun A Rí
Start: Cabra Central School
Distance: 5km moderate

Thursday 9th May @ 7:15pm

Lough an Leagh
Start: Picnic Area Lough
Distance: 10km Moderate

Belturbet Walks and Heritage Group

Tuesday 7th May @ 7:00pm

Turbet Island walk
Start: Post Office Car Park Belturbet
Distance: 2km Easy

Tuesday 7th May @ 7:00pm

Waterloo Golden Way
Start: Carolan's Old Shop
Distance: 3km Hard

Tuesday 7th May @ 7:00pm

Roskeragh Turbet Island
Start: Post Office Car Park Belturbet
Distance: 5km moderate

Tuesday 7th May @ 7:00pm

Waterloo Golden Way
Start: Cavan Co Council Quarry
Distance: 3km Easy

Walk and Talk Munterconnaught

Saturday 4th May @ 6:30pm

Start: Munterconnaught GAA Clubrooms

Saturday 11th May @ 6:30pm

Start: Knocktemple NS

Saturday 18th May @ 6:30pm

Start: St Bartholomew's Church

Saturday 25th May @ 6:30pm

Start: Munterconnaught GAA Clubrooms
Distance: 5km Easy

Jampa Ling Walk

Thursday 9th May at 7.00pm

Jampa Ling Golden Way
Start: Jampa Ling Bawnboy
Distance: 4km easy

Virginia Heritage Walk

Wednesday 8th May at 7:00pm

Bluebell and Environment Walk
Start: Virginia Show Centre
Distance: 5km easy

Happy Feet Walkers

Wednesday's at 7.00pm on 1st, 8th, 15th 22nd and 29th May and on Sunday mornings at 10am

Happy Feet Walkers Cootehill invites and encourages walkers to join them for 'walks and talks' during Mental Health Month'

Start: St Michael's Hall Cootehill
Distance: 5km easy and 10km moderate

The Best Years Of Our Lives Have Yet to Come

Corn Mill Theatre
Carrigallen
8.30pm Friday 10 May
087 2570363

Ramor Theatre
Virginia
8.00pm Friday 17 May
049 8547074

Belturbet Civic Centre
8.00pm Friday 24 May
Tickets on the door / Group Bookings
049 4378549

Booking at Venues
€10 / €8 concession



Cavan Community Fest
A Celebration of
Community Services

Friday 17th May

**Cavan Town Square
from 12:00 to 4:00pm**

TALKS

Let's talk about our Mental Health

Tuesday 14th May @ 1-2pm

Venue: Johnston Central Library
In this lunchtime talk we will explore the importance of talking about Mental Health and how we might start the conversation. We will also look at ways to build resilience and wellbeing to promote positive mental health everyday.

Miffy Hoed is Development Officer with Mental Health Ireland in the Cavan/Monaghan area. All Welcome

Networking Showcase Event

Thursday 9th May @ 10.00am

Venue: Cavan Crystal Hotel
Opportunity for professionals to promote their services and for professionals to network and develop supportive links with one another. Presentation from students in St. Mogue's College around their efforts to support positive mental health in their community.

Mental Health Talk for professionals

Tuesday 27th May @ 10.00am

Venue: Breffni Integrated
Facilitated by Miffy Hoed Mental Health Ireland

Good Morning Programme

Tuesday 14th May @ 11.15am

Venue: Library Events Space
The Good Morning Programme, is delivered through Cavan Positive Age and provides a regular, friendly telephone call to older people who may be at risk of loneliness and isolation.

Gaming Brain talk

Wednesday 15th May @ 2.30pm

Venue: Events space, Johnston Central Library
As gaming technology becomes increasingly evident in the lives of young children, Professor O'Connor explores the pros and cons of this new digital culture.

