

Arklow Youth Mental Health Week

7th-11th October 2015



“Express Yourself

Communicate more it's good for your Mental Health!!

In Association with:

- Arklow HSE Primary Care
- Arklow Springboard
- Arklow Youth Strategy Group
- East Wicklow Youth Service
- Arklow Springboard Centre
- Arklow Local Education Committee
- Mental Health Ireland
- Arklow Mental Health Association
- Arklow Community Policing Unit
- Arklow Community Action Resource

Organising Committee:

- Barbara Duffy, (Chairperson) Senior Clinical Psychologist
Arklow HSE Primary Care Team
- Christy Breen
Community Representative
- Eileen Ellis
Home School Liaison, Arklow Community College
- Hillary Sharpe
Parish Council and Arklow Community Development Project
- Joanne O'Halloran
School Completion Officer, Arklow, Dunlavin, Rathdrum
- Margaret Kelly
East Wicklow Youth Service and CYC
- Rachel Ireson
School Completion Officer, Arklow Boys National School
- Karen Carter
Springboard, Arklow Service
- Michael Noble
Mental Health Ireland
- Pearse Egan, Manager
Portview Day Centre

Monday, October 7th

Official Opening Ceremony

Arklow Youth Mental Health Week

“Express Yourself”

Communicate more It's good for your Mental Health!!

**Arus Lorcáin,
Castlepark, Arklow**

Official Opening Ceremony

11.00am Andrew Doyle TD

School Presentations

11.10am CBS

11.20am Youth Reach

11.30am Arklow Community College

11.40am Gaelcholaiste na Mara

11.40am St. Mary's College

12.00pm Presentation of Certificates to school

12.10pm Jonathon Holden, Arklow monologue

12.20pm Close



NB: Presentations must be submitted by email or USB before 5pm on Thursday October 3rd 2013

MONDAY, OCTOBER 7TH

1st Year Group
COPING WITH BULLYING

9.30am **Gaelcholaiste na Mara**
10.30am **Arklow Community College**
11.45am **CBS**
2pm **St. Mary's College**

Mr. Pat Courtney, Dept of Education, will outline the problem of bullying for young people and introduce helpful coping strategies.

TUESDAY, OCTOBER 8TH

2nd Year Group
POSITIVE BODY AWARENESS
80 Minute Presentations
Fiona Flynn - Bodywhys

Group 1: Gaelcholaiste Na Mara and Arklow Community College
11.30am-12.40pm
Venue: Arklow Community College

Group 2: CBS
2pm-3.10pm

TUESDAY, OCTOBER 8TH

3rd Year Group
COILLTE FOREST WALK, AVONDALE

Mental Health Ireland
East Wicklow Youth Service/Scouting Ireland

Group 1: Arklow Community College and Gaelcholaiste Na Mara
10.00am – 11.30 am
(Bus Pick up at 9.30am)

Group 2: St. Mary's College
11.30am-1pm
(Bus Pick up 11am).

Group 3: CBS
1.30 pm – 3.00 pm
(Bus Pick up at 1.00 pm)

WEDNESDAY, OCTOBER 9TH

5th Year Group

DRAMA THEATRE COMPANY- SMASHING TIMES

Group 1: Arklow Community College
(9.30am – 11.00am)

Group 2: CBS and Gaelcholaiste
(2.00pm – 3.45pm)

THURSDAY, OCTOBER 10TH

5th Year Group

DRAMA THEATRE COMPANY- SMASHING TIMES

St. Mary's College (9.30am – 11.00am)

'A Day Out' monologue tells the story of two friends in their 20's and their last day together. It explores the impact of suicide. A panel discussion will follow performance.

Transition Year

SPORTS BLITZ/Healthy Body; Healthy Mind

All Groups – (11.00am – 1.00pm)

Venue: Lamberton

FRIDAY, OCTOBER 11TH



6th Year Group
'IT'S TIME TO START TALKING'
One 40 Minute Presentation
Emma Farrell, Headstrong



1. **09.00am** **Gaelcholaiste Na mara**
2. **10.15am** **CBS**
3. **11.15am** **Arklow Community College**
4. **12.15pm** **St. Mary's College**

The talk emphasises the importance of seeking help when feeling down, worried or stressed.

FRIDAY, OCTOBER 11TH

THE BIG SING
Arus Lorcáin

Anthem
'EXPRESS YOURSELF'
Labrinth

Students from local primary and secondary schools will perform together with a feast of choral and individual performances.

BIG SING
12 Noon – 2.30pm



RELEASE OF DOVES

