

Schedule of Free Events for the Week!!!

Monday	<ul style="list-style-type: none"> ☯ Healthy Fruit and Water available in Front Hall ☯ Dominique Meehan Talk - Consent @11.15 am Learning Hub 1 ☯ Wayne Denner Talk - Digital Citizenship @ 2pm Hall 1
Tuesday	<ul style="list-style-type: none"> ☯ Healthy Fruit and Water available in Front Hall ☯ Eoin McCarthy talk - Mind to Matter @ 10:00 am in Learning Hub 1 ☯ Walk and talk – 1.15 pm (short 30 minute lunchtime walk on pre-planned route – weather permitting) ☯ GOOSH on campus
Wednesday	<ul style="list-style-type: none"> ☯ Jigsaw Mental Health Learning 10:00 am to 12:15 pm Learning Hub 1 ☯ Irish Kidney Association (Donor Cards)
Thursday	<ul style="list-style-type: none"> ☯ Talk by Drug Awareness Campaigner Nicole Ryan in Learning Hub 1 <ul style="list-style-type: none"> ☺ 10:15 am-11:00 am ☺ 11:15 am-12:00 pm ☺ 12:15 pm to 1:00 pm ☺ 1:15 pm to 2:00 pm ☯ Cheerios ChildLine Breakfast Morning – Lecture Hall 8.30am – 11.30am ☯ Sports Talk @ 1.15 Lecture hall ☯ HSE Addiction Services on Campus
<p>Scroll on for event posters and details</p>	

15th - 19th October

LCFE

Health & Wellbeing Week

Free workshops to all Learners

Digital Citizenship

Drugs - Mental Health

Mind to Matter

Boxercise/HIT

Walk and Talk

Free Healthy Snacks

Above all Relax and Enjoy!

HEALTH AND WELLBEING WEEK

EXERCISE
& MENTAL
HEALTH

SportsTALK

SPORTS &
CAREERS

THURSDAY, OCT 18TH, 1.15PM
LECTURE HALL

INSIGHT INTO
PROFESSIONAL
SPORT

TALKS AND INFORMATION FROM LEADING PROFESSIONALS IN
THE SPORTS & LEISURE INDUSTRY



Cillian Keane
Personal trainer &
mental health advocate



Ailish Considine
Clare dual star and professional
AFLW player, past LCFE learner



Adrian Keane
Limerick Senior Hurling
Sports Therapist, past LCFE
learner

SELF-CARE FOR ONE GOOD ADULT

Self-care for One Good Adult

This 1 hour workshop is aimed at adults who work or volunteer with young people in their community. It provides understanding and skills to help people look after their own well-being while acting as that One Good Adult for a young person. It has been developed by Jigsaw, the National Centre for Youth Mental Health.

Learning Outcomes

As a result of this workshop, participants will:

- Have a greater understanding of the value of their role as One Good Adult in a young person's life
- Have a greater awareness of the importance of looking after their own well-being while supporting young people
- Develop their own self-care plan

We are Jigsaw...

leading the change in youth mental health.

Workshop Information

Where: Learning Hub

When: Oct 17th

Time: 11.15 – 12.15

Contact: Orla Gavigan

JIGSAW
LIMERICK

Young people's
health in mind

5-A-DAY FOR MENTAL HEALTH

5-a-day for Mental Health

This one hour workshop aims to provide young adults, aged 17-25 in 3rd level educational settings, with the strategies necessary to build and take care of their own mental health.

Learning Outcomes

Young people will

- Gain an understanding of mental health
- Become aware of mental health as a resource for living
- Learn a range of practical strategies that they can implement to improve and manage their own mental health on a day to-day basis
- Learn how and where to get help
- Become aware of the supports available in their local area

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leading the change in youth mental health.

Workshop Information

Where: Learning Hub

When: Oct 17th

Time: 10.00 – 11.00

Contact: [Oris Gaugan](mailto:Oris.Gaugan@jigsaw.ie)

JIGSAW
LIMERICK
Young people's
health in mind

ONLINE REPUTATION MATTERS #FACT

LOOK AFTER IT LIKE YOUR IPHONE

The 'Online Reputation Matters'

sessions are delivered by

Wayne Denner. Wayne,

a self confessed Digital

Ninja and Online

Influencer talks about

using social media and

emerging technologies to

boost your reputation,

maximise life opportunities and look after yours truly online.

**Dont miss this opportunity to Kick-Start
Your Online SuperStardom**



Wayne Denner

**BEAT THE
CYBERBULLY**