



SHSCT Calendar of Events

World Suicide Prevention Day - 10th September 2020 until
World Mental Health Day - 10th October 2020

Name of Event	Brief Description of Event	Date & Time	Venue	Organiser Contact Details	Target Audience
Kick Start your Health Programme	A programme for men 40+ that includes weekly fun football based sessions with a short half time team talk on various health related issues. There will also be monthly outdoor activities such as mountain walking and outdoor pursuits.	11th September - Mid December 6.30pm-8.00pm	Newry City FC Showgrounds	Respect Project 07764 866324 respectproject@hotmail.co.uk	Men
Heads Up Youth Programme	This programme will involve young people participating in an online FIFA 20 Football based programme. It also includes a series of online educational team talks to raise awareness of the importance of mental health. There are two age groups 9-12 & 13+	End of September	Online	Respect Project 07764 866324 respectproject@hotmail.co.uk	Youth

SureStart SA Mindfulness Programme	A 3 week mindfulness programme for parents within SureStart South Armagh area to introduce new skills to help parents maintain positive emotional wellbeing.	15th-29th September 10.00am-11.00am	Camlough Programme Room, Cowan's Yard	SureStart SA 028 30830 022 info@surestartsa.org	Parents
Inspire NI Mental Health Training Module	An online training module delivered by Inspire NI for Surestart Staff awareness of how to identify mental health issues in parents and where to signpost them to for support.	TBC	Online	Inspire NI & SureStart	Staff
SureStart SA Mindful Walking Programme	4 week programme to practice mindfulness techniques while walking.	14th September-5th October Time TBC	Glassdrummond Wood	SureStart SA 028 30830 022 info@surestartsa.org	Parents
Walk for All (Ballymote)	Walking Group led by the Everybody Active Coach. Perfect for clearing your head and relaxing with others. Booking essential.	Every Thursday 12.00pm	Meet @ Ballymote Community Project	Clanrye Group leah.king@claynryegroup.com www.clanryegroup.com/booknow	General Public
Walk for All (Kilkeel)	Walking Group led by the Everybody Active Coach. Perfect for clearing your head and relaxing with others. Booking essential.	very Wednesday 10.30am	Meet @ Kilkeel Leisure Centre	Clanrye Group leah.king@claynryegroup.com www.clanryegroup.com/booknow	General Public
Walk for All (Newry)	Walking Group led by the Everybody Active Coach. Perfect for clearing your head and relaxing with others. Booking essential.	Every Wednesday 12.30pm	Newry Tow Path meeting @ WIN Industrial Estate entrance	Clanrye Group leah.king@claynryegroup.com www.clanryegroup.com/booknow	General Public

Mum & Baby Walk & Chat Group	Walking Group for mums and babies (age 0-2). Great opportunity to meet other mums and get fresh air.	Every Wednesday 11.00am	Newry Tow Path meeting @ WIN Industrial Estate entrance	Clanrye Group leah.king@clanryegroup.com www.clanryegroup.com/booknow	General Public
Online Yoga Class	Online Yoga Class delivered via Zoom. Enjoy some serenity from the comfort of your own home.	Every Wednesday 10.00am	Online via Zoom	Clanrye Group leah.king@clanryegroup.com www.clanryegroup.com/booknow	General Public
Mindful Moves with Grainne	Mindful Moves is a mixture of simple Tai Chi Movements and gentle movements to music that strengthens the muscles and relaxes the mind.	10th, 17th, 24th September & 5th October 10.30am	Online via Facebook live - https://www.facebook.com/vervecraigavon	Verve Network verve.network@southerntrust.hscni.net	general public
Monday Evening Relaxation with Lyn	Lyn will host a relaxation session every Monday for 3 weeks on Verve Craigavon Facebook.	14th, 21st & 28th September 8.00pm	Online via Facebook (Watch Party) - https://www.facebook.com/vervecraigavon	Verve Network verve.network@southerntrust.hscni.net	general public
#think5do5 Tools for Wellbeing	Laughter Yoga, craft and mindful movements.	5th, 22nd, 29th September & 6th October 10.30am-12.30pm	Clan Na Gael GFC, Francis St, Lurgan	077 2517 9863 eileen@mcgiv.com	General public
Outdoor Chi Me (indoor if poor weather)	A series of Tai Chi inspired exercises that creates a wonderful sense of wellbeing and equips participants to take part in strengthening and balancing exercise.	11th, 18th, 25th September & 2nd October 10.30am	Clan Na Gael GFC, Francis St, Lurgan	077 2517 9863 eileen@mcgiv.com	general public
Mindful Nature Walks	An opportunity to appreciate the Great Outdoors. Walks are suitable for all the family.	3rd October 11.00am	Oxford Island, Craigavon (Meeting at the Discovery Centre)		general public
Mindful Walk	A walk for those who prefer a gentle pace and those with a longterm health condition.	2nd October 11.00am	People's Park, Portadown (Meeting at main gates on Park Road)	078 7127 4345 (Faye)	general public

