

2020 Events Calendar

Name of event	Brief description of event	Date & Time	Venue	Organiser contact details	Target audience
AMH New Horizons Derriaghy Coffee Morning	Take 5 coffee morning	9/10/2020	Railway Street Lisburn	Eoin McAnuff emcanuff@amh.org.uk	AMH clients
Resilience taster session	Zoom training event	Thursday 10th September 11-12noon	Online via Zoom	Downpatrick Suicide Prevention Task Group Gemma Cassidy MDT Community Coordinator County Down Rural Community Network Tel: 07511052851 Email: gemma@countydowncn.com	Public
Laughter Yoga taster session	Online yoga	Tuesday 6th October 11- 12noon	Online via Zoom	Downpatrick Suicide Prevention Task Group Gemma Cassidy MDT Community Coordinator County Down Rural Community Network	Public

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				Tel: 07511052851 Email: gemma@countydowntnrcn.com	
Recital performance by NI Opera	Musical performance	Friday 9th October 2pm	Downpatrick Resource Centre	Andrea Holden Service Telephone: 028 90248006 Mob: 07989223610 andrea.holden@mindwisenv.org	Staff/ members
Interdenominational church service www.mcnmedia.tv	Church service	Saturday 5th September 6pm And Sunday 6th September 11.30am	Our Lady of the Assumption Church, Newcastle	N/A	Public
The Art of Pausing	Mindfulness for school Staff.	Monday 7th September – Friday 11th September 4pm - 4.45pm	Online	Deirdre McKibben (Mournemindfulness). Pre-register at https://forms.gle/ES1GQ4ZmoUxKEVNY7	School staff
Introduction to Mindfulness	Mindfulness	From mid-September	Online	Deirdre McKibben (Mournemindfulness). To pre-register call County Down Rural Community Network	Participants +18yrs

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				on 02844 612 311	
Emotional Resilience Training		Tuesday 8th September 10am - 12noon	Zoom training by Sarah Hugget.	To pre-register call County Down Rural Community Network on 02844 612 311	
Virtual Walk for Life through Murlough Nature Reserve	Online recorded scenic walking tour.	From Monday 7th September	via YouTube search: MournetvMurloughwalk forlife	N/A	Public
Lyrics 4 Life competition by YMCA	Poetry and music lyrics competition. Closing Date- Friday 11th September 2020 @5pm.	September	N/A	Entries to YMCA Newcastle Youth Worker John Murray john.murray@ymca-ireland.net	
Positive steps	Emotional wellbeing and resilience training	30th September.	6 sessions online, delivered via Zoom	To register contact Eileen.young@setrust.hscni.net	Public
Take 5 Ambassador training	Take 5 steps to wellbeing training focused on the Take 5 approach	29 th September	3 hours delivered online via Zoom	To register contact Eileen.young@setrust.hscni.net	Public

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Brona Turley LCCC outdoor activity events and sports for the Month of October					

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