

# ‘Look after your mental health’ regional campaign

10th September – 10th October 2025

## SET Events Calendar



**Take 5 steps to wellbeing**

- Connect with the people around you – family, friends or neighbours.
- Don't be afraid to try something new. Rediscover an old hobby or interest, or simply set a challenge you will enjoy.
- Exercising makes you feel good, so discover a physical activity you enjoy, like going for a walk, dancing or gardening.
- Take a moment to be aware of the world around you and what you're feeling. Reflecting on your experiences will help you appreciate what matters to you.
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Name of event	Brief description of event	Date & Time	Venue	Organiser contact details	Target audience
Online events					
Suicide Awareness Training	Through our 20 minute suicide awareness training you will gain skills and confidence to help someone who may be considering suicide.	Access any time	Online	<a href="#">Zero Suicide Alliance (ZSA)</a>	The training is recommended for anyone aged 16 and over
Stress Control training	If you are feeling overwhelmed by stress and want to regain control of your life, then Stress Control can help. These classes are free to attend, with no need to register.	Access any time	Online	<a href="#">Stress Control Community Class</a>   <a href="#">Stress Control Community</a>	The training is recommended for anyone aged 16 and over



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### South Eastern Health and Social Care Trust events

Name of event	Brief description of event	Date & Time	Venue	Organiser contact details	Target audience
Understanding Self Harm	<p>It aims to:</p> <ul style="list-style-type: none"> <li>• Raise awareness and increase understanding of self – harm</li> <li>• Increase understanding and the assessment of risk</li> <li>• Understand why people find it hard to change</li> <li>• Explore alternative coping strategies</li> <li>• Develop skills and sustain a positive working relationship with people who self – harm</li> </ul>	Wednesday 24 September 2025 from 9.30am – 1.00pm	Online	To register please contact <a href="mailto:Eileen.young@setrust.hscni.net">Eileen.young@setrust.hscni.net</a>	<p>Target Audience:</p> <p>Anyone living with or working in a caring role within the SEHSCT area.</p> <p>Please note this course is not suitable for those who are currently self-harming</p>



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Take 5 Ambassador	The training explores the Take 5 Steps to Wellbeing approach, examines the Take 5 toolkit and offers the opportunity for participants to share examples of best practice, learning how they can integrate the Take 5 approach into their future work.	10 <sup>th</sup> September 10am - 1pm	Online	<a href="mailto:Brien.frazer@setrust.hscni.net">Brien.frazer@setrust.hscni.net</a>	Open to all
Online suicide prevention Assembly video	Watch here : <a href="#">International Suicide Prevention Assembly - YouTube</a>  Marking World Suicide Prevention Day 2025, this video shares messages of awareness, hope, support and the importance of coming together to prevent suicide	Access anytime	Online	<a href="mailto:Clare.Gardiner@belfasttrust.hscni.net">Clare.Gardiner@belfasttrust.hscni.net</a>	Open to all.

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Staff Wellbeing roadshow	A wellbeing roadshow targeting hospital staff working across the SET area	<ul style="list-style-type: none"> <li>19 September 12-2pm UHD</li> <li>24 September 12-2pm Downpatrick</li> <li>6 October 12-2pm LVH</li> <li>10 October 12-2 QIIC Centre Ards</li> </ul>	SET hospital locations	<a href="mailto:Stephanie.Hare@setrust.hscni.net">Stephanie.Hare@setrust.hscni.net</a> Or <a href="mailto:Aidan.Burns@setrust.hscni.net">Aidan.Burns@setrust.hscni.net</a>	SEHSCT staff
Wellness Wednesdays  5 Online Lunch & Learn sessions	<ul style="list-style-type: none"> <li>10 September – Suicide Prevention TZS</li> <li>17 September - Bereavement</li> <li>24 September – Staff Psychology</li> <li>1 October – Menopause</li> <li>8 October – Ed Sipler</li> </ul>	1-2 pm	Online	<a href="mailto:Stephanie.Hare@setrust.hscni.net">Stephanie.Hare@setrust.hscni.net</a> Or <a href="mailto:Laura.McAllister2@setrust.hscni.net">Laura.McAllister2@setrust.hscni.net</a>	SEHSC T staff
Exploring the contents of Thriving Mind Webinar	An online discussion exploring the Thriving Mind resources	22 <sup>nd</sup> September 10am-2pm	Online Via Zoom	<a href="mailto:Ed.sipler@setrust.hscni.net">Ed.sipler@setrust.hscni.net</a>	Open to all

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	<a href="https://view.pagetiger.com/thrivingmind">https://view.pagetiger.com/thrivingmind</a>				
	Those attending this workshop will gain insight into the resources and how they can benefit you, your team or family.				
Carer Self-Management 6 Week Programme: Steps to Cope Facilitated by Mindwise	The course explores understanding emotions and responses, mastering unhelpful thought patterns, rebuilding routines, problem solving, self-confidence and self-building and wellbeing strategies to help carers to cope better	Monday 29 <sup>th</sup> Sept, 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> Oct and 3 <sup>rd</sup> Nov 6-8pm	Orchardville Promote 6 Enterprise Road Bangor BT19 7TA	To book a place please contact <a href="mailto:carer.support@setrust.hscni.net">carer.support@setrust.hscni.net</a>	Family carers
Positive Steps course	A 4 weeks course exploring Positive Steps to improve personal wellbeing.	30 <sup>th</sup> September 10am - 12pm	Ballymacash community association	<a href="mailto:valeriedouglas@ballymacashregenerationnetwork.com">valeriedouglas@ballymacashregenerationnetwork.com</a>	Ballymacash community Association members

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Ballynahinch Festival of Hope					
Name of event	Brief description of event	Date & Time	Venue	Organiser contact details	Target audience
SAFE TALK Training	LivingWorks safeTALK is a four-hour training that equips people to be more alert to someone thinking of suicide and better able to connect them with further help.	Wednesday 1 <sup>st</sup> October 6-9.30pm	Saintfield Parish Hall	Registration Essential To book your place please Contact: <a href="mailto:eimearmilligan@hotmail.com">eimearmilligan@hotmail.com</a>	Open to all
Willow Workshop Make your own Bird Feeder	Includes Nature Talk Light refreshments provided	Thursday 2 <sup>nd</sup> Oct 6.30pm- 8.30pm	Laurelbank Farm	Limited Places To book your place and for more information  Contact: <a href="mailto:jo@laurelbankfarm.org">jo@laurelbankfarm.org</a>	Open to all
WALK FOR HOPE	Treasure Hunt & Walk Refreshments & Information Stands provided in Community Centre	Saturday 4 <sup>th</sup> Oct 10.30am – 12 noon	Lough Park Ballynahinch	No registration needed just come along!	Open to all  All children however MUST be accompanied by an adult



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Good Mood Foods	Inspirational Talk on Foods	Wednesday 8 <sup>th</sup> October 6.45pm - 8pm	Harry's Mates Café	To book your place please Contact: <a href="mailto:lise@countydownrcn.com">lise@countydownrcn.com</a>	Open to all
Coffee, Music & Craic for Over 50's	Coffee, music , laughs and more  Information Stands	Thursday 9 <sup>th</sup> October 10.30-12.30pm	Saintfield Community Centre	Booking essential To book your place please Contact <a href="mailto:ciara.reid@countydownrcn.com">ciara.reid@countydownrcn.com</a>	Open to all

### Newcastle Festival of Hope

Name of event	Brief description of event	Date & Time	Venue	Organiser contact details	Target audience
Senior tea dance	Tea dance for seniors with Country Harmony  Booking is essential	9th September 2-4pm	Burrendale Hotel Newcastle	Greater Newcastle Area Suicide Prevention Group <a href="mailto:Ciara@countydownrcn.com">Ciara@countydownrcn.com</a> 02844612311	Open to local seniors
SafeTALK suicide awareness training	safeTALK equips people to be more alert to someone thinking of suicide and better able to connect them with further help.	9 <sup>th</sup> September 1 – 4.30pm	MyMy training rom Newcastle	Greater Newcastle Area Suicide Prevention Group  To register contact Mymy.org.uk	Open to all

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Chi by the sea	Gentle exercise and movement session	10 <sup>th</sup> September 8am – 9am	The promenade Newcastle	Greater Newcastle Area Suicide Prevention Group To register contact <a href="http://Mymy.org.uk">Mymy.org.uk</a>	Open to all
Mindfulness walk		11 <sup>th</sup> September 11am - 12pm	Castlewellan forest park	Greater Newcastle Area Suicide Prevention Group <a href="mailto:Ciara@countydownrcn.com">Ciara@countydownrcn.com</a> 02844612311	Open to all
Hope for life Youth event		11 <sup>th</sup> September 6pm – 8pm	YMCA Newcastle	Greater Newcastle Area Suicide Prevention Group	Open to all
Hope for life Youth event		12 <sup>th</sup> September 6.30- 8.30pm	RIOT Dundrum	Greater Newcastle Area Suicide Prevention Group	Open to all
Walk for life	Family event	Saturday 13 <sup>th</sup> September 1- 5pm	Mount Panther Farm Park	Greater Newcastle Area Suicide Prevention Group	Register via Eventbrite





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Mental Health First Aid course		Tuesday 16 <sup>th</sup> + 23 <sup>rd</sup> September	Online	Greater Newcastle Area Suicide Prevention Group To register contact <a href="mailto:training@pipshopeandsupport.org">training@pipshopeandsupport.org</a>	Open to all Booking is essential.
Community Events					
Name of event	Brief description of event	Date & Time	Venue	Organiser contact details	Target audience
Lighthouse Love 25 Suicide Prevention Conference	<b>Love 25</b> will emphasise the core message of compassion, care and non- judgmental support, that exists in Northern Ireland in the suicide prevention space. <b>Love 25</b> will include influential speakers, workshops, panels, drama, music and lived experience contributions.	Tuesday, 9th September 2025, 09:15am	Girdwood Community Hub Girdwood Avenue Belfast BT14 6EG	<a href="mailto:info@lighthousecharity.com">info@lighthousecharity.com</a>  to register: <a href="#">Lighthouse 'LOVE 25' Conference   Lighthouse</a>	Open to all Booking is essential. Places are limited

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Colin Neighbourhood Partnership World Suicide Prevention Day Spinathon	Join us for a Spinathon challenge travelling the length of Ireland	10 <sup>th</sup> September 9am - 9pm	Brook Leisure centre Twinbrook	<a href="mailto:Laura@newcolin.com">Laura@newcolin.com</a> 02890623813	Open to all
Improving your mental health and wellbeing	This short course covers topics on: mental health and wellbeing, self-care and confidence, managing anxiety and stress, and taming thoughts and nurturing emotions	Wednesday 6.00 – 8.00pm 24 <sup>th</sup> September & 1 <sup>st</sup> October	Atlas Women's centre 7 Bachelors Walk Lisburn BT28 1XJ	<a href="mailto:reception@atlaswomenscentre.co.uk">reception@atlaswomenscentre.co.uk</a> 02892 605806 07514 670609	Women Only
Walk for Life	Come along, join us and discover what services are available to help those that are struggling with mental health  Inflatables, bouncy castles, face painting, animals and a disco.  Light lunch provided for kids	Sunday 14 <sup>th</sup> September 1 – 3pm	Ardglass Meadow playing fields	County Down Rural Community Network	Open to all

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