



**Monday 3rd -
Monday 10th
October 2016**

THROUGHOUT WATERFORD CITY & COUNTY



www.wellwaterford.com

EVENTS RUNNING THROUGHOUT THE WEEK

DAMN FINE MINDS

[VISUAL ART]

Garner Lane Arts Centre

Tuesday 4 to Saturday 8 October,
11am-5:30pm / Runs until 29 October

An exhibition of screen prints by the artists of Damn Fine Print studios, celebrating positive mental well-being, arising from their unique residency with St. Patrick's Mental Health Services.



PORTRAITS by PAT MURPHY

[VISUAL ART]

University Hospital Waterford

Runs until 2 November / FREE

A tantalizing selection of Waterford artist Pat Murphy's portraits of people he met in Cuba, alongside recent self-portraits.



MINDFUL COLOURING STATIONS

[VISUAL ART]

Central, Ardkeen, Brown's Road, Tramore, Dunmore East, Lismore, Tallow, Cappoquin and Dungarvan Libraries

Monday 3 to Monday 10 October (Library opening hours)

Adult colouring books are great for your mental, emotional and intellectual health. Drop into any of the libraries listed above during the Well festival and take some time out at our mindful colouring stations.

LIGHT UP THE NIGHT [VISUAL ART]

University Hospital Waterford / Monday 3 to Friday 7 October, 7pm-9pm / FREE

No, you're not seeing things! Thanks to *Sproai*, the dark October nights will be lit up with colour-filled inflated sculptures for the delight of hospital patients and visitors.

THE FEEL GOOD FACTORY II

[VISUAL ART]

Central Library / Runs until 15 October / FREE

Launch of the exhibition: Thursday 6 October at 12 noon by the Mayor of Waterford Cllr. Adam Wyse. Hosted by Europe Direct, Waterford.

The Feel Good Factory II is an exhibition by participants of WHAT's Open Studio, a diverse group of people who have one thing in common – a love of making art!



PARENT & TODDLER GROUPS

AT YOUR LOCAL LIBRARY [LITERATURE]

Central Library / Tuesday 4 October, 10:30am-12 noon / FREE

Dungarvan Library / Tuesday 4 October, 10:30am-12 noon / FREE

(Comhrá as gaeilge sa leabharlann)

Tramore Library / Wednesday 5 October, 11am-12 noon / FREE

Ardkeen Library / Friday 7 October, 10:30am-12 noon / FREE

During the Well Festival, our weekly Parent & Toddler groups will be getting creative. Join other parents and carers to help create a collaborative artwork in the shape of a jigsaw piece that will fit into a special nationwide exhibition. Register for your free 'Get Creative' pack before September 24, email: wellwaterford@waterfordcouncil.ie
Run in partnership with The Waterford Childcare Committee.

MONDAY 3RD OCTOBER

WE BANJO 3 [MUSIC]

University Hospital
Waterford Foyer
LUNCHTIME CONCERT
1.15pm-2pm / FREE

Garner Lane Arts Centre
EVENING CONCERT / 8pm
Tickets €16/€13 concessions

To book, visit www.garnerlane.ie
or call 051 855038



Galway band *We Banjo 3* bring something new and fresh to the Foyer at University Hospital Waterford and, later, to Garner Lane Arts Centre with their expressive playing of the fiddle, guitar, mandolin and banjo.

TUESDAY 4TH OCTOBER

THE ARTIST'S WAY FOR RETIREMENT: AN INTRODUCTORY SESSION

Dungarvan Library / 10am-11am / To book, call 0761 10 2141 / FREE

Inspiration for those approaching retirement or those looking to explore their creative potential.

WALKING THROUGH NATURE [VISUAL ART]

The Church, St. Otteran's Hospital / 11am-12 noon / CLOSED EVENT

An installation of mobile artworks and sound inspired by nature and created by participants of *Iontas*, WHAT's art and mental health programme in St. Otteran's Hospital.

TUESDAY 4TH OCTOBER (continued)

MAKE YOUR OWN MOVIE [FILM]

Central Library / 11am-12noon / Community groups can book by emailing wellwaterford@waterfordcouncil.ie or calling 0761 10 2975 / FREE

Experience hands-on film-making techniques with tutor Niamh Moroney, Artist in Residence with Central Arts. Learn more about camera operation, sound, continuity, lighting and how to set up and record a shot for editing.

THE HAPPINESS ENSEMBLE

[MUSIC]

University Hospital Waterford Foyer
1.15pm-2pm / FREE

The Happiness Ensemble grew out of singer songwriter Peter Fitzpatrick's battle with mental health issues. This eclectic group of musicians from West Cork will banish the blues and lift the spirits.



CIRCLE DANCE WORKSHOP [DANCE]

Tramore Library / 3pm-4pm / To book, call 0761 10 2594

Meditation through movement, a gentle healing way to bring mind, body, and spirit together with tutor Kate Crotty.

MEDITATION

Ardkeen Library / 6.30pm-7.30pm / To book, call 0761 10 2755 / FREE

Japa is a style of meditation that uses ancient mantras to build inner peace. Join tutor Clodagh McCumiskey and experience the happiness that comes when your head, heart and hand work together.

continued overleaf >>>

TUESDAY 4TH OCTOBER (continued)

HEART OF WOOD WORK-IN-PROGRESS [THEATRE]

Garter Lane Arts Centre, 5 O'Connell Street (beside Delaney's Florist) / **6pm-7pm / FREE**
To book, visit www.garterlane.ie or call 051 855038

A new play by Ben Quinlan about adventure and magic, exploring themes of war and the effects it has on children, workshopped with a cast of young actors.

MUSIC AND HOSPICE CARE [MUSIC]

Garter Lane Arts Centre / 8pm / FREE
To book, visit www.garterlane.ie or call 051 855038

A special evening of music with Martin Fahy, Senior Music Therapist in Our Lady's Hospice & Care Services and a discussion about Palliative Care Services with Dr. Brian Creedon, Consultant in Palliative Medicine HSE South East.



WEDNESDAY 5TH OCTOBER

NURTURE ME

Dungarvan Library / 10am-11am / To book, call 0761 10 2141 / FREE

Fun relaxation and easy self therapy sessions - learn some basic techniques and find out more about self nurture with alternative therapist Sue Hinnell.

FREEZE OUT [DANCE]

University Hospital Waterford Foyer / 1.15pm-2pm / FREE

A dance performance by *Traces Dance Ensemble*, a group of dancers with Down Syndrome who celebrate their own empowerment and identity through contemporary dance.



CIRCLE DANCE WORKSHOP [DANCE]

Ardkeen Library / 3pm-4pm / To book, call 0761 10 2755

Meditation through movement, a gentle healing way to bring mind, body, and spirit together with tutor Kate Crotty.

GENTLEMEN PREFER BLONDES [FILM]

University Hospital Waterford / 3pm-4.15pm / CLOSED EVENT

Patients of Medical 5 and their families will join Marilyn Monroe and Jane Russell on their hunt for love and money in this classical 1950's musical comedy directed by Howard Hawks.



CREATIVE CONNECTIONS

Central Library / 4pm-7pm / FREE

A free event for teens which will highlight the positive effect that connecting with creative communities can have on personal wellbeing and resilience. Try out badge making, origami, poetry, painting and more. In partnership with Europe Direct, Waterford, Comhairle na nÓg, Foróige, Healthy Waterford and Youth Work Alliance.



INTRODUCTION TO THEATRE PRODUCTION [THEATRE]

Central Library / 6pm-7pm
To book, email wellwaterford@waterfordcouncil.ie or call 0761 10 2975 / FREE

Are you interested in theatre? Join tutor Niamh Moroney, Artist in Residence with Central Arts, to learn more about the production process and see how to get your ideas from page to stage!

WEDNESDAY 5TH OCTOBER (continued)

REMEMBER TO BREATHE by ORLA MURPHY [THEATRE]

Garter Lane Arts Centre / 8pm / Tickets €16/€13 concessions
To book, visit www.garterlane.ie or call 051 855038

A pool in post-earthquake New Zealand. Recent emigrant Maeve is learning to swim, egged on by her crazy 'swimaholic' coach, Doreen. But as she battles the water, Maeve must also face an unresolved dilemma with Johnny, the father she left behind. A warmly humorous and deeply moving play starring Abbey Theatre regular Liz Fitzgibbon, veteran multi-award winning Waterford native Raymond Keane and the wonderfully comic Julie Sharkey as Doreen.



THURSDAY 6TH OCTOBER

THE ARTIST'S WAY FOR RETIREMENT: AN INTRODUCTORY SESSION

Dungarvan Library / 10am-11am / To book, call 0761 10 2141 / FREE

Inspiration for those approaching retirement or those looking to explore their creative potential.

TRADERS CHAMBER [MUSIC]

University Hospital Waterford Foyer / 1.15pm-2pm / FREE

Anthony Roche, Kevin Jones and Colin Harries produce a fusion of trad and other genres to generate a daring and unique sound.

BEST FOOT FORWARD DANCE SESSION [DANCE]

Garter Lane Arts Centre,
Gallery Building, 5 O'Connell Street
(beside Delaney's Florist)
2.30pm-3.30pm / FREE

To book, visit www.garterlane.ie
or call 051 855038

Put your best foot forward and join a free taster dance session with the *Best Foot Forward* dance group for over 50s.



BOOK CLUB SOCIAL [LITERATURE]

Tramore Library / 7pm-8pm / FREE

Good literary fun! Bring along a book for our book exchange, enjoy refreshments and meet our librarians. Join us in reading *The Hen Who Dreamed She Could Fly* by Sun-mi Hwang (#bookclubsocial).



FILM SCREENING: DREAMTIME REVISITED [FILM]

Dungarvan Library / 7-8.30pm / Contact 0761 10 2141 for further details / FREE

Described by critics as a transcendently beautiful film and a technical triumph, *Dreamtime* explores the spiritual and poetic dimensions of Ireland's people and landscape through the eyes of writer, poet and philosopher, John Moriarty. Director: Dónal Ó Céilleachair.

FRIDAY 7TH OCTOBER

NURTURE ME

Dungarvan Library / 10-11am / To book, call 0761 10 2141 / **FREE**

Fun relaxation and easy self therapy sessions- learn some basic techniques and find out more about self nurture with alternative therapist Sue Hinnell.

WARABA [MUSIC/DANCE]

University Hospital Waterford Foyer / 1.15pm-2pm / **FREE**

This West African percussion and dance troupe promise to raise your heart beat with their Guinean rhythms, songs and high-energy dancing by Bambé Mansaré.



WE HAVEN'T HAD AN EARTHQUAKE LATELY...

[LITERATURE]

The Book Centre, Waterford / 6.30-7.45pm / **FREE**

A public reading of inspirational poetry and prose selected and read by Waterfordians with MC Nichola Beresford. If you have a poem or piece of prose that comforts or inspires, email it with the author's name and reason for your choice to WHAT@hse.ie by September 27. Sponsored by The Book Centre, Waterford.



SATURDAY 8TH OCTOBER

INTRODUCTION TO THEATRE PRODUCTION [THEATRE]

Central Library / 11am-12 noon / **FREE**

To book, email wellwaterford@waterfordcouncil.ie or call 0761 10 2975

Are you interested in theatre? Join tutor Niamh Moroney, Artist in Residence with Central Arts, to learn more about the production process and see how to get your ideas from page to stage!

CREATE THE PERFECT DREAM WITH THE BFG [THEATRE]

Central Library / 11am-12 noon and 2.30pm-3.30pm

To book, call 0761 10 2975 / **FREE**

Meet Roald Dahl's *BFG*. An interactive and entertaining show for all the family. This is a free event but booking is essential.



MAKE YOUR OWN MOVIE [FILM]

Central Library / 2pm-3pm / Community groups can book by emailing wellwaterford@waterfordcouncil.ie or calling 0761 10 2975 / **FREE**

Experience hands-on film-making techniques with tutor Niamh Moroney, Artist in Residence with Central Arts. Learn more about camera operation, sound, continuity, lighting and how to set up and record a shot for editing.



DR. MARK ROWE - A PRESCRIPTION FOR HAPPINESS

Garther Lane Arts Centre / 8pm / Tickets €16/€13 concessions

To book, visit www.gartherlane.ie or call 051 855038

Modern medicine emphasises the pill for every ill - the sticking plaster solution - when strengthening the foundations of our physical and mental health is what's most needed; the preventative stitch in time to save nine! Join Mark for a stimulating & entertaining evening and walk away with a tool kit for meaning and wellbeing - a prescription for cultivating inner happiness.



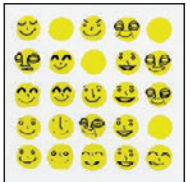
SATURDAY 8TH OCTOBER (continued)

DAMN FINE MINDS SCREEN PRINTING SESSION [VISUAL ART]

Garther Lane Arts Centre / 2pm-3.30pm / **FREE**

To book, visit www.gartherlane.ie or call 051 855038

Join the artists of Damn Fine Print studios to hear more about their unique residency with St. Patrick's Mental Health Services, where they used hospital walls as a blank canvas to promote positive mental health. Watch live screen printing demos and try your hand at screen printing!



GARDENING FOR WELLBEING - HERBS AND THEIR HEALING

Ardkeen Library / Saturday 8 October, 3pm-4pm / To book, call 0761 10 2755 / **FREE**

October is cold and flu season. Luckily with fresh herbs you can help your body stay healthy. Learn how to ward those winter blues with herbalist Gemma Hughes.

SUNDAY 9TH OCTOBER

MY NAME IS EMILY (12A) [FILM]

Garther Lane Arts Centre / 7.30pm

Early Bird Tickets €7.50/€6 concessions or €9 on the door

To book, visit www.gartherlane.ie or call 051 855038

The debut feature from Irish writer director Simon Fitzmaurice is a spirited coming of age story that traces the journey of a strong-willed young woman, Emily (Evanna Lynch) as she weathers loss, upheaval, and rebirth. *My Name is Emily* will resonate with the young and young at heart alike.



MONDAY 10TH OCTOBER

SING FOR YOUR HEALTH

[SONG, TEA AND CAKE!]

Central Library / 11am-11.30am / **FREE**

Songs to raise your spirits, sung by *Tramore Gospel Singers* and *The Royals*, a music group of mental health service users who work with musicians Jane O'Brien Moran, Leah Clarke and Liam Merriman through *Iontas*, WHAT's arts and mental health programme.



MANY VOICES, ONE SOUND [MUSIC]

University Hospital Waterford Foyer / 1.15pm-2pm / **FREE**

The Bealtaine and Samaritans Choirs rejoice in the power of choral singing in this special performance for World Mental Health Day.



KALLIOPE SYMBIOSIS

Central Library / 4pm-5pm / To book, email kalliopeymbiosis@gmail.com / **FREE**

Kalliope "beautiful-voiced" is the goddess of music, song and dance. If you are interested in literature, visual, media, performing or culinary arts, join us for this free session. Waterford's Kalliope Symbiosis Gathering is an initiative supporting the healing arts - the enterprise stimulates creativity with monthly colloquies.

Well Festival celebrates the benefits of participation in the arts for everyone and is produced by Garter Lane Arts Centre, Waterford Healing Arts Trust and Waterford City & County Libraries, with generous support from Sanofi Waterford.

For more information, visit:

www.wellwaterford.com

[www.facebook.com/](http://www.facebook.com/wellfestivalartswellbeing)

[wellfestivalartswellbeing](https://www.facebook.com/wellfestivalartswellbeing) | [#well16](https://twitter.com/well16)

Garter Lane Arts Centre:

www.garterlane.ie | T: 051 855038

Waterford Healing Arts Trust:

what@hse.ie | T: 051 842664

Waterford Libraries:

www.waterfordcouncil.ie | T: 076 1102975



St Patrick's
Mental Health Services



THE IRELAND
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