



# well

Festival of Arts & Wellbeing



**Mon 8 - Sat 13 October 2018**

Garter Lane Arts Centre  
Waterford Healing Arts Trust  
Waterford City & County Libraries



[www.wellwaterford.com](http://www.wellwaterford.com)

Welcome to the sixth **Well Festival of Arts & Wellbeing**, celebrating the health benefits of participation in the arts by everyone. We warmly invite you, the people of Waterford, to embrace colourful, thought-provoking music, art, film, theatre and literature and to experience the joy of creativity through our kaleidoscope of workshops, performances and nature trails.

With the tremendous support of our funders and supporters, almost all of our events this year are free. Some may still need to be booked, so be sure to check each listing.

Join us, be creative, be social and be Well!

*From the Well Festival team.*

## Festival Partners



## Funding Partners

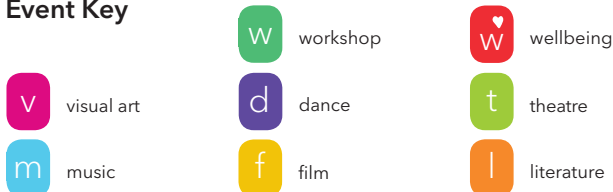


## Major Sponsor

## Supporters



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V

## Can You See What I See? – Caroline Hyland

This intriguing series of hand painted illustrations by artist Caroline Hyland beautifully depicts supports for people living with dementia observed in the course of her work as an occupational therapist and Artist-in-Residence at the National Centre for Arts and Health, Tallaght University Hospital. Caroline's passion for seeing the person, not just the condition, is clearly evident.

**University Hospital Waterford**

**Fri 31 Aug – Wed 31 Oct**, 8am – 6.30pm (excl. Sat, Sun)

*Caroline will give a free public talk about this exhibition at UHW on Thurs 11 Oct, 11am.*



V

## Life & Dreams – Eleanor Horan and John Gallagher

Two local artists, two different styles, one exhibition. Eleanor Horan's dreamlike depictions of snarling, darkened wildwoods take the viewer on a journey through light and shadow, movement and stillness. John Gallagher's artwork draws from life and is based on his belief that excellence in painting evolves from accurate drawing.

**Index Gallery, Central Library**, Lady Lane, Waterford

**Mon 8 Oct – Sat 3 Nov**, 10am – 5.30pm (Weds open until 8pm)

*Exhibition launch Wed 10 Oct, 6.30pm.*



V

## Stars at Night – Tom Meskell

Arising out of the joy and excitement around his Night Flowers project for Well in 2017, artist Tom Meskell returns with a celestial theme to light up the night sky outside UHW. Beautiful, large-scale star lanterns, created by participants in workshops in September, symbolise positivity and hope, and will spirit the viewer away to dreamland...

**University Hospital Waterford**

**Mon 8 – Fri 12 Oct**, 7pm – 9pm

*Lighting up celebration Mon 8 Oct, 7pm*



V

## Stampa Ora/Print Now – IACE and Cork Printmakers

This exciting collaboration between the Italian National Association of Contemporary Engravers (IACE) and Cork Printmakers brings together 24 artists from Italy and Ireland. Selected by Le Gallerie Degli Uffizi in Florence and the National Gallery of Ireland, the chosen artists exemplify a fascinating range of printmaking techniques in this eclectic exhibition.

**Garter Lane Arts Centre**, O'Connell St, Waterford

**Thurs 30 Aug – Sat 27 Oct**, 11am – 5.30pm, Tues – Sat and during evening performances



## This is WHAT we're all about – Open Studio

An eclectic mix of artworks by participants of the Waterford Healing Arts Trust Open Studio workshop, celebrating diverse styles and techniques. The show also features work by service users of the Activation Therapy Unit at St Otteran's Hospital. Both groups are led by artist Jill Bouchier.

**Goma Gallery of Modern Art**, Lombard St, Waterford  
**Thurs 4 – Sat 13 Oct** (excl. Sun), 12.30pm – 5.30pm  
*Official exhibition opening Thurs 11 Oct, 6pm. All welcome.*



## Creative Europe Funding Workshop

An interactive session for arts, culture, heritage, craft and design organisations to explore ideas for developing European collaborations, access Creative Europe funding and learn more about Creative Europe Co-operation Projects.

Organised by Waterford Europe Direct Information Centre in partnership with Creative Europe Desk Ireland (Culture Office), Garter Lane and Waterford Cultural Quarter.

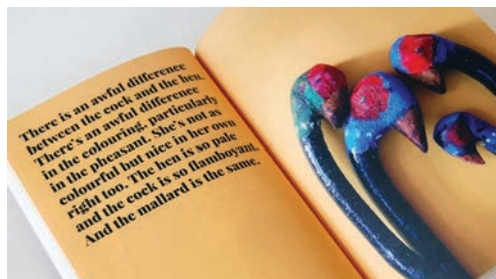
**Garter Lane Arts Centre**, O'Connell St, Waterford  
**Mon 8 Oct**, 10am – 1pm (incl. lunch). Free but ticketed.  
 To book: [europedirect@waterfordcouncil.ie](mailto:europedirect@waterfordcouncil.ie)



## Get Brassy!

Kicking off the Well Festival in style, this quartet of virtuoso fun loving brass musicians will bring a smile to our faces and send us on our way with a pep in our step and a lightness in our heart. Pop tunes, movie themes, old time favourites... A lively musical interlude to your day awaits!

**University Hospital Waterford foyer**  
**Mon 8 Oct**, 1pm



## Lastingly – Marielle MacLeman

A CPD session for artists in palliative care settings

Designed for artists interested in facilitating participatory workshops in palliative care, artist Marielle MacLeman will draw on her seven years at the Prince and Princess of Wales Hospice in Glasgow, and subsequent projects, to explore the creative approaches and distinct challenges involved in working with people at a late stage in their lives.

**Waterford Healing Arts Trust Centre for Arts & Health**,  
 University Hospital Waterford, Dunmore Road, Waterford  
**Mon 8 Oct**, 2pm – 4pm

Workshop fee: €10.00. Places limited – advance booking essential.  
 To book: [www.waterfordhealingarts.com](http://www.waterfordhealingarts.com) / 051 842664



## Feel Good Movie Time!

Can you guess the movie? Sing along to well-known hits and splash through the puddles with this musical classic. Romance abounds in this light-hearted depiction of life in the Hollywood movie industry, set during the transition from silent movies to sound in the late 1920s.

**Carrickphierish Library**, Carrickphierish Road, Gracedieu, Waterford

**Mon 8 Oct**, 2.30pm - 4.30pm

Adm free



## Healing Sounds on the Wards

Waterford Healing Arts Trust musicians Eoin O Meachair and Alan Browne bring a special Well Festival Healing Sounds session to Medical Wards 3 and 5 at UHW. Healing Sounds on the Wards is a popular programme of live music engagement which aims to soften the clinical environment and reduce anxiety for patients, staff and visitors.

**University Hospital Waterford Medical Wards 3 and 5**

**Mon 8 Oct**, 7pm - 8pm

*For patients and their families*



## Crochet Demo – Crochet Hook Group

Following their successful displays held during May as part of the Bealtaine Festival, the Crochet Hook Group from the Solas Cancer Support Centre will visit Brown's Road and Tramore libraries to showcase their craftwork and various crocheting techniques. All welcome.

**Brown's Road Library**, Paddy Brown's Road, Lisduggan, Waterford  
**Tues 9 Oct**, 11am - 12.30pm

**Tramore Library**, Market St, Tramore, Co Waterford  
**Thurs 11 Oct**, 3pm - 4.30pm



## Gerard Dower and Marian Ingoldsby Flute and piano

Gerard Dower, one of Ireland's most accomplished and sought after flautists, will be joined on piano by the charismatic Marian Ingoldsby, who many will know from her work as a composer, pianist and lecturer in music at WIT. Classical, Latin American and popular melodies will resound around the hospital foyer for a very special lunchtime treat!

**University Hospital Waterford foyer**

**Tues 9 Oct**, 1pm



## Writing a Poem for a Loved One

Following the resounding success of this initiative at Ardkeen Library in 2017, renowned poet Lani O'Hanlon comes to Cappoquin Library to help some lucky locals to co-write a very special, personalised poem for a loved one. (See also p.17)

*'Her work is both a cure for what ails us, and a cure for language itself... she restores words to their full potency and power'*  
(Grace Wells)

**Cappoquin Library**, Main St, Cappoquin, Co Waterford  
**Tues 9 Oct, 2pm - 3pm**



## Introduction to Creative Writing

Get your creative writing juices flowing with this free taster workshop with local writer Tom Mullane. A published writer of short stories and poetry, Tom has also, more recently, been exploring creative writing as therapy. He also leads the *Scribblers* writing group in Central Library (see p.12).

**Brown's Road Library**, Paddy Brown's Road, Lisduggan, Waterford  
**Wed 10 Oct, 10.30am - 12.30pm**  
Free, but ticketed. To book: [wellwaterford@waterfordcouncil.ie](mailto:wellwaterford@waterfordcouncil.ie) / 0761 102614



## UHW Staff Band

With so many people working at the hospital every day, we figured there must be a lot of untapped creativity out there... And so the UHW Staff Band was born! Well known pop tunes, trad, jazz and even a little classical gem are in store, so take a load off and join us for a light-hearted lunchtime session!

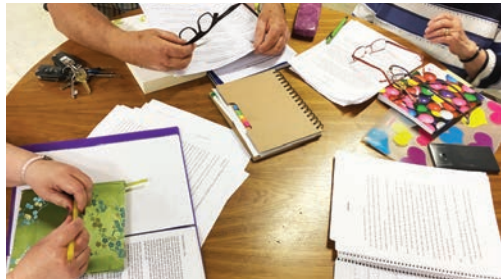
**University Hospital Waterford foyer**  
**Wed 10 Oct, 1pm**



## #Modwords - Writing workshop

#Modwords is Waterford's lit hub, providing classes, new work platforms, open mics, work space, festival opportunities, freedom of speech... In the first of two Well Festival workshops, curator, writer and tutor Anna Jordan will seek to reach the creative writing potential innate in us all. (See also p.25)

**Garter Lane Arts Centre**, O'Connell St, Waterford  
**Wed 10 Oct, 5.30pm - 7pm**  
Free but ticketed. To book: [www.garterlane.ie](http://www.garterlane.ie) / 051 855038



## Scribblers – Public reading

Following several successful creative writing workshops with local writer Tom Mullane in Ardkeen and Waterford Central Library, the participants decided to form *Scribblers*, their own Waterford writing group. They now meet once a month to encourage each other and share their knowledge, and tonight they'll share their latest work with Well Festival audiences.

**Central Library**, Lady Lane, Waterford

**Wed 10 Oct**, 6.30pm – 7pm

Adm free



## The Bilberry Goats: I do, I do, I do

Waterford's Number 1 comedy team The Bilberry Goats veer into new territory with their latest show which promises fun, chaos and merriment of the highest order. So, if laughter is the best medicine, get ready for a full dose!

**Garter Lane Arts Centre**, O'Connell St, Waterford

**Wed 10 – Sat 13 Oct**, 8pm

Tickets €19.00 and €17.00 from [www.garterlane.ie](http://www.garterlane.ie) / 051 855038

**Note:** Continues nightly at 8pm until Saturday



## Singing for Wellbeing

Anne Woodworth, musician, choral director, volunteer and Chairperson of Waterford Healing Arts Trust, presents a talk on the benefits of singing for health and wellbeing, followed by a performance by the Bealtaine Choir. Conducted by Anne, this choral ensemble is a living example of the value of music in the health of retired people.

**Central Library**, Lady Lane, Waterford

**Thurs 11 Oct**, 10.30am – 11.30am

Adm free



## Origami – Workshop

An ancient, peaceful craft, origami can be used as a way to enhance mindfulness for people of all ages. In this workshop, participants will have the opportunity to learn this technique and create beautiful pieces. This workshop is a collaboration between the Waterford Social Prescribing Service and artists from Shine, Waterford Discovery Hub. (See also p.28)

**Central Library**, Lady Lane, Waterford

**Thurs 11 Oct**, 12 noon – 1.30pm

Adm free, but places limited and will be filled on a first come, first served basis.



## Heritage Walk

Take a walking tour around Portlaw with a local historian and discover the fascinating history that lies within. Beginning at Portlaw Library, the tour makes its way through the town and concludes at Portlaw Heritage Centre, where participants are welcome to delve more deeply into the culture and history of this jewel in Ireland's crown.

**Portlaw Library**, The Square, Portlaw, Co Waterford

**Thurs 11 Oct**, 11am - 12.30pm

Free but ticketed. To book: [wellwaterford@waterfordcouncil.ie](mailto:wellwaterford@waterfordcouncil.ie) / 051 387402



## Identity – Art Workshop

This taster art workshop for all abilities explores identity and our sense of self. Guided by art tutor Philippa Mortimer, participants will learn collage techniques using photos, printed and hand-written texts, drawings and digital images, and will create their own artwork to reflect their personal identities.

**Tallow Library**, Convent St, Tallow, Co Waterford

**Thurs 11 Oct**, 11am - 12.30pm

Free but ticketed. To book: [wellwaterford@waterfordcouncil.ie](mailto:wellwaterford@waterfordcouncil.ie) / 058 56347



## Print a Gift – Anne McDonnell

Join Waterford artist Anne McDonnell in her special printmaking workshop at UHW for one lunchtime only! Bring along an old CD or DVD and Anne will recycle it into a personalised piece of art, creating the perfect gift for someone special.

**University Hospital Waterford foyer**

**Thurs 11 Oct**, 1pm - 2pm



## Sometimes

A collaboration between Little Red Kettle and the Traveller Youth Support Project, this short film addresses the subjects of teen drinking and drug misuse and was devised and led entirely by young people. With Caroline Quilligan, Lisa McDonagh, Michelle McDonagh, Ann-Marie O'Reilly and Donna O'Reilly. Directed by Liam Meaghar and Ann-Marie O'Reilly. Filmed and edited by John Loftus.

**Garter Lane Arts Centre**, O'Connell St, Waterford

**Thurs 11 Oct**, 12pm - 12.45pm and 2pm - 2.45pm

Free but ticketed. To book: [www.garterlane.ie](http://www.garterlane.ie) / 051 855038

Both screenings will be followed by a facilitated Q&A session on youth wellbeing and mental health.



## Best Foot Forward – Dance Workshop for 50yrs+

A chance to dance for fitness, health and wellbeing for people aged 50+, led by Dee Grant. These classes are for anyone interested in having fun, socialising, improving circulation, mobility and posture, and connecting mind and body. Come alone or bring a friend. All levels of ability welcome, no previous experience necessary.

**Garter Lane Studios**, 5 O'Connell Street (beside Delaney's Florist)  
*Venue is not wheelchair accessible.*

**Thurs 11 Oct**, 2pm – 4pm

Adm free. Enquiries: [www.garterlane.ie](http://www.garterlane.ie) / 051 855038



## Book Club Social – with guest Niall de Búrca

Join us for some good literary fun with Niall de Búrca, one of Ireland's finest traditional storytellers, well-known in theatre, radio and festival circles. Bring along a book for the book exchange and stay for some refreshments. All welcome. Kindly hosted by the Waterford Europe Direct Information Centre.

**#bookclubsocial**

**Tramore Library**, Market St, Tramore, Co Waterford

**Thurs 11 Oct**, 7pm – 8pm

Adm free.



## Writing for Wellness

Renowned author Lani O'Hanlon will facilitate this taster workshop with a particular focus on writing for wellness. Lani has been Reader-in-Residence with Waterford Libraries and is Writer-in-Residence on the annual Molly Keane Writer's Week. She facilitates creative writing, dance and movement with Waterford Healing Arts Trust at University Hospital Waterford.

**Lismore Library**, West St, Lismore, Co Waterford

**Fri 12 Oct**, 11am – 12 noon

Free but ticketed. To book: [wellwaterford@waterfordcouncil.ie](mailto:wellwaterford@waterfordcouncil.ie) / 0761 102377



## Art in Unexpected Places

The Walls Project, in collaboration with local wood carver and sculptor John Hayes and Ballybeg Youth Project, presents a series of extraordinary wooden sculptures which reflect some of the emotional health and wellbeing issues facing young people today.

**University Hospital Waterford foyer**

**Fri 12 Oct**, 11am – 4pm



## We haven't had an earthquake lately...\*

What's your favourite thing to do when you need to feel good, be inspired or comforted? If it's to turn to a piece of writing, join us for our ever-popular Earthquake event where like-minded readers share their favourite works. With guest MC Edward Denniston, Poet-in-Residence at Waterford Healing Arts Trust/UHW, and musical interludes!

Kindly sponsored by The Book Centre, Waterford.

*\*inspired by AA Milne's Winnie the Pooh*

**The Book Centre**, Waterford

**Fri 12 Oct**, 6pm

Free but ticketed. To book: [www.waterfordhealingarts.com](http://www.waterfordhealingarts.com) / 051 842664



## Dementia Friendly Coffee Morning

All are welcome to come along to this informal, dementia friendly coffee morning in Dungarvan Library. Have a cuppa and a chat and see all that Waterford Libraries have to offer. Art tutor Susan Enticknap will also provide a taster art workshop, where you can try out different mediums ranging from textiles to acrylics.

**Dungarvan Library**, Davitt's Quay, Dungarvan, Co Waterford

**Sat 13 Oct**, 10.30am – 12.30pm

Adm free, all welcome. Booking advised for art workshop.

To book: [wellwaterford@waterfordcouncil.ie](mailto:wellwaterford@waterfordcouncil.ie) / 0761 102141



## Women's Creative Café

What puts a fire under women's creativity and gets us started on the creative path? What keeps us going through challenging times? What feeds our souls and opens our hearts throughout our creative lives? Join the Women's Creative Arts Circle and a panel of women speakers for an evening of insights, reflections, connections and stories in a café style setting.

**The Granary Café**, Hanover St, Waterford

**Sat 13 Oct**, 6pm – 9pm

Tickets €5. To book: [www.waterfordhealingarts.com](http://www.waterfordhealingarts.com) / 051 842664



## CHILL OUT CHARLIE

Children's picture book author, illustrator and Reiki Master Teacher AnnMarie McCarthy leads this gentle mindfulness session which aims to empower children with life skills such as relaxing their minds, being present and thinking positively. For 5-8 years.

**Garter Lane Studios**, 5 O'Connell Street (beside Delaney's Florist)  
*Venue is not wheelchair accessible.*

**Mon 8 Oct**, 11.30am - 12.30pm

Free but ticketed. To book: [www.garterlane.ie](http://www.garterlane.ie) / 051 855038



## I AM BABA

A magical adventure, this gentle immersive performance takes place in a specially designed space where each baby and their adult guest will experience the wonder of theatre. Created by Anna Newell and David Goodall. For 0-12 months.

**Garter Lane Arts Centre**, O'Connell St, Waterford  
**Tues 9 Oct**, 11am, 12pm, 1pm (duration 20 mins + play time).  
Tickets €15 (1 baby + 1 adult).  
Limited capacity. Advance booking advised.  
To book: [www.garterlane.ie](http://www.garterlane.ie) / 051 855038



## WELLY TALES

Ardkeen Library and Waterford Healing Arts Trust are delighted to once again bring a special storytelling session to the Paediatric Ward of UHW to celebrate Well 2018.

**University Hospital Waterford Paediatric Ward**

**Tues 9 Oct**, 2pm - 3pm

*For patients and their families*



## FEEL GOOD KIDS MOVIE TIME!

Can you guess this movie? In this magical tale of family, music and adventure, a young Mexican boy embarks on an extraordinary journey to discover the mysterious land of his ancestors and fulfil his ambitions to be a musician. An inspiring 'feel good' movie about following your heart... and your dreams.

**Carrickphierish Library**, Carrickphierish Road, Gracedieu, Waterford  
**Tues 9 Oct**, 2.30pm - 4.30pm  
Adm free



## FUN NATURE WALK

A wonderful opportunity for young people to join the legendary Paddy Dwan, of Time Outside Nature Walks, for a stroll through the People's Park to observe and enjoy its often overlooked flora and fauna, concluding at Central Library for refreshments.

**People's Park**, Newtown Road, Waterford

**Wed 10 Oct**, 10am - 11.30am

School event (primary)



## MINI MUSOS MUSIC AND MOVEMENT

Percussion instruments, magic bubbles, peek-a-boo scarves, parachute play - all feature in this gentle musical workshop with Karen McMahon. For 0-5 years.

**Tramore Library • Wed 10 Oct**, 11am - 11.45am

**Central Library • Wed 10 Oct**, 2pm - 2.45pm

**Ardkeen Library • Fri 12 Oct**, 2pm - 2.45pm

Free but ticketed. To book: [wellwaterford@waterfordcouncil.ie](mailto:wellwaterford@waterfordcouncil.ie) / 0761 102975



## YO-YO YOGA

The wonders of storytelling combine with the benefits of yoga in this captivating experience for children, led by child yoga specialist Nicola Foxe. As they move through the session, the children will learn breathing techniques and a sequence of poses, all to the tune of their favourite stories. For 5-8 years.

**Garter Lane Studios**, 5 O'Connell Street (beside Delaney's Florist)

*Venue is not wheelchair accessible.*

**Wed 10 Oct**, 1.30pm - 2.30pm

Free but ticketed. To book: [www.garterlane.ie](http://www.garterlane.ie) / 051 855038



## WHO AM I?

This art workshop for teenagers explores identity and the foundations of our sense of self. Guided by art tutor Philippa Mortimer, each participant will learn collage techniques using photos, printed and hand-written texts, drawings and digital images, and will create their own artwork to reflect their personal identity.

**Kilmacthomas Library**, Main St, Kilmacthomas, Co Waterford

**Wed 10 Oct**, 6pm - 7.30pm

Free but ticketed. To book: [wellwaterford@waterfordcouncil.ie](mailto:wellwaterford@waterfordcouncil.ie) / 051 294270



Well Festival events for  
younger audiences



## RISE: INTERNATIONAL DAY OF THE GIRL

To celebrate International Day of the Girl, Waterford Libraries presents a conference to engage girls and young women, featuring a stellar line-up of inspirational role models, including:

- Melanie Murphy, YouTuber and author
- Sarah Doyle, life coach and founder of The Better Life Project
- Caroline McMenamin, counsellor and mental health advocate
- Nikki Bradley, disability advocate and adventurer
- Zlata Filipovic, Bosnian war diarist and filmmaker

**Carrickphierish Library**, Carrickphierish Road, Gracedieu, Waterford

**Thurs 11 Oct**, 10am - 5.30pm

School event (secondary)



## TRADITIONAL SINGING

Traditional singer Aileen Lambert is passionate about passing on our unique song heritage to children and young people. With a wealth of material, she will share action songs, songs of love, adventure and pure nonsense!

**Dungarvan Library**, Davitt's Quay, Dungarvan, Co Waterford

**Thurs 11 Oct**, 10am - 11am and 11.30am - 12.30pm

School event (primary)



Well Festival events for  
younger audiences



## MESSY PLAY

Parents and toddlers, explore the world using your five senses! In this workshop, artist Eilis O'Toole will guide participants to make new discoveries through creative and sensory play, using homemade and natural materials. For 1-3 years.

**Garter Lane Studios**, 5 O'Connell Street (beside Delaney's Florist)

*Venue is not wheelchair accessible.*

**Thurs 11 Oct**, 10.30am - 11.30am

Free but ticketed. To book: [www.garterlane.ie](http://www.garterlane.ie) / 051 855038



## #MODWORDS - Writing Workshop for Teens

#Modwords is Waterford's lit hub, providing classes, new work platforms, open mics, work space, festival opportunities, freedom of speech... In the second of two Well Festival workshops, curator, writer and tutor Anna Jordan will seek to reach the creative writing potential innate in us all. (See also p. 11)

**Garter Lane Studios**, 5 O'Connell Street (beside Delaney's Florist)

*Venue is not wheelchair accessible.*

**Thurs 11 Oct**, 5.30pm - 7pm

Free but ticketed. To book: [www.garterlane.ie](http://www.garterlane.ie) / 051 855038

## MONDAY 8 OCTOBER

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12.30pm – 5.30pm	This is WHAT we're all about – <i>visual art</i> » p6
1pm – 2pm	Get Brassy! – <i>music</i> » p7
2pm – 4pm	Lastingly – <i>workshop</i> » p7
2.30pm – 4.30pm	Feel Good Movie Time » p8
7pm – 8pm	Healing Sounds on the Wards – <i>music</i> » p8
7pm	Stars at Night – <i>launch</i> » p5
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11am – 12.30pm	Crochet Demo – <i>workshop</i> » p9
11am; 12pm; 1pm	I AM BABA – <i>theatre</i> » p20
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1pm – 2pm	Gerard Dower, Marian Ingoldsby – <i>music</i> » p9
2pm – 3pm	WELLY TALES – <i>storytelling</i> » p21
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6pm – 7.30pm	WHO AM I? – <i>workshop</i> » p23
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## THURSDAY 11 OCTOBER

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10.30am – 11.30am	MESSY PLAY – <i>workshop</i> » p25
11am	Can You See What I See? – <i>free public talk</i> » p4
11am – 12.30pm	Heritage Walk – <i>wellbeing</i> » p14
11am – 12.30pm	Identity – <i>workshop</i> » p14
11am – 5.30pm	Stampa Ora/Print Now – <i>visual art</i> » p5
12pm – 1.30pm	Origami – <i>workshop</i> » p13
12pm; 2pm	Sometimes – <i>film</i> » p15
12.30pm – 5.30pm	This is WHAT we're all about – <i>visual art</i> » p6
1pm – 2pm	Print a Gift – <i>visual art</i> » p15
2pm – 4pm	Best Foot Forward – <i>dance workshop</i> » p16
3pm – 4.30pm	Crochet Demo – <i>workshop</i> » p9
5.30pm – 7pm	#MODWORDS – <i>workshop</i> » p25
6pm	This is WHAT we're all about – <i>launch</i> » p6
7pm – 9pm	Stars at Night – <i>visual art</i> » p5
7pm	Book Club Social with Niall de Búrca » p16
8pm	The Bilberry Goats – <i>comedy</i> » p12

## FRIDAY 12 OCTOBER

8am – 6.30pm	Can You See What I See? – <i>visual art</i> » p4
10am – 5.30pm	Life & Dreams – <i>visual art</i> » p4
11am – 4pm	Art in Unexpected Places – <i>visual art</i> » p17
11am – 5.30pm	Stampa Ora/Print Now – <i>visual art</i> » p5
11am – 12pm	Writing for Wellness – <i>workshop</i> » p17
12.30pm – 5.30pm	This is WHAT we're all about – <i>visual art</i> » p6
2pm – 2.45pm	MINI MUSOS MUSIC & MOVEMENT – <i>workshop</i> » p22
6pm	We haven't had an earthquake lately... » p18
7pm – 9pm	Stars at Night – <i>visual art</i> » p5
8pm	The Bilberry Goats – <i>comedy</i> » p12

## SATURDAY 13 OCTOBER

10am – 5.30pm	Life & Dreams – <i>visual art</i> » p4
10.30am – 12.30pm	Dementia Friendly Coffee Morning » p19
11am – 5.30pm	Stampa Ora/Print Now – <i>visual art</i> » p5
12.30pm – 5.30pm:	This is WHAT we're all about – <i>visual art</i> » p6
6pm – 9pm	Women's Creative Café – <i>wellbeing</i> » p19
8pm	The Bilberry Goats – <i>comedy</i> » p12

Please follow page references for event details and venues.



# Waterford Social Prescribing Service

Improving Health & Wellbeing



Would you like to try something new?



Meet new people and improve your confidence?



Take up a new hobby?



Need support but not sure where to go?

The Waterford Social Prescribing Service is a new free support that aims to reduce social isolation and improve people's health and wellbeing.

We can give you information on social groups, exercise classes, relaxation sessions, volunteering opportunities, support services and much more, all in your local area.

Phone: 089 2501413

Email: [socialprescribing@sacredheartfrc.ie](mailto:socialprescribing@sacredheartfrc.ie)

*well*

*Well Festival of Arts & Wellbeing is pleased to support this great new service for Waterford*