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FESTIVAL 2022

TALKS • KIDS EVENTS • MUSIC • WELLNESS

Organized by Sligo/L Leitrim/ West Cavan/ South Donegal Mental Health Services

"you can do it, but you can't do it alone"

THEATRE EDITION OCTOBER 9th HAWK'S WELL THEATRE SLIGO

Entertainment & Wellness from 11am First talk at 12noon - Live Music from 7pm

MAIN STAGE

FIRST SESSION from 12 noon

Meet and Greet and Innovation in Psychiatry with Dr Eilís O'Mahony (Consultant Psychiatrist and Clinical Director), Anne Barry (Business Manager), Eoin Purdy (Director of Nursing) and Dr Ignacia Grafias (Psychiatry Service Registrar and Founder of CIM Festival) from Sligo, West Cavan/ South Donegal Mental Health Services.

Jacqui Dillon - Author, Writer and Speaker - Chair of the Hearing Voices Network in England.

First Break

SECOND SESSION

"Expert by Experience" Panel with Jacqui Dillon, Michael Ryan (President of Mental Health Engagement and Recovery NI Community Organisation) and Elaine Brown (Peer Specialist and Founder of "Respect - Connections").

Social Support Panel with Marie Mulligan (Peer Worker - AS), Eilís Smyth (Peer Worker - AS), Cara Ryan (Peer Worker) and Dr Elizabeth Griffin (Senior Consultant Psychiatrist).

Consultant Psychiatrists Panel Q&A Session with Dr Kate (CARR), Dr McGuire (General Adult) and Prof. McCarthy (Psychiatry of Later Life).



Jacqui Dillon

MUNDY

Second Break

LIVE SHOW FROM 7pm

Beobulbin Corbhalas Music Session with Beobulbin Corbhalas. All welcome welcome.

Social featuring Kerin Harty, Kasey Donoghue, John Dwyer and Pauline Dolan, performing a lively and vibrant set of traditional airs and newly composed music.

MUNDY Internationally renowned singer Mundy will bring the festival to a close with his unique and vibrant performance.

WELLNESS ROOM

FITNESS AND WELLNESS FROM 11am

2 Free Fitness sessions with Hannah and Liam from Sligo (from 11 am)

2 Free Mindfulness sessions with Emily Madden (from 11am and 1pm)

Talk with the Nutritionist Dr Helen Gerada from NutriStyle (afternoon after first break)

Free Pilates sessions with Anne Cooper from Pilates for All (from 11am and second break)

FOYER

ENTERTAINMENT FOR ALL AGES FROM 11am

Jay Ryan from RTE 2 with his incredible Puppet Show and New Circus (morning and first break)

Mr Majestic - A mix of Magic, Comedy and Audience Participation with his classic Magic (afternoon and second break)

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Ignacio Grafias, Aislin Slavin, Elaine Silvestri, Jacinta Sexton, Fergús Callaghan and Eilís Donoghue