



West Cork FEEL GOOD Festival Programme



October 2020

Saturday 3rd 2pm | Walk with Rosscarbery Steam Walkers

The Rosscarbery Steam Walkers will host a 2-hour walk with walkers invited to wear a funny hat for the feel-good factor. Prize for best hat! Meet at Celtic Ross Hotel car park.

Sunday 4th | Official Festival Opening with International Film launch: An Open Door

Short film 'An Open Door' by Aoise Tutty, explores how Skibbereen's pioneering adult mental health service, 49 North Street, provides a space for hope and recovery for the local community. The film premiered at the Cork Film Festival 2018 as part of the 'Best in Cork' category. Winner of the Community Award at the Scottish Mental Health Arts Festival 2019, among other awards.

Friday 9th - Monday 12th 11am - 6pm | Idir Eatarthu - Between Worlds | 49 North Street Skibbereen

Audio visual installation combining music, sound, colour, light and visuals.

This multi-sensory experience will allow total immersion in a calming setting to provide a much-needed rest for the senses and total relaxation.

Very limited capacity so booking in advance essential. Link at <https://idireatarthu.eventbrite.ie>

Tuesday 13th 7-8pm | 'LockDown OpenUp' Webinar presented by The Wellbeing Network | Online

Panellists: Louise O'Neill - Author Dr. Pat Bracken - Independent consultant psychiatrist

Rory Doody - Area Lead for Mental Health Engagement, Cork Kerry HSE

MC: Alison O'Connor, Journalist and Broadcaster

Details and booking at : <https://lockdownopenup.eventbrite.ie>



Monday 12th - Friday 16th | Celebrating Technology and Mental Health | Online closed events

Monday - Chair based yoga, Tuesday - Movie Night, Thursday- Bingo, Friday - Music Session

Wednesday 14th 7pm | Feel-good movie screening at the Park Cinema Clonakilty

Hosted by Clonakilty Wellness Committee with The Wellbeing Network, West Cork.

Details of the film choice will be shared on the Clonakilty Wellness Week Facebook page in the lead up to the event. Booking is essential as tickets are limited:

Contact Caroline on 0872293550



West Cork Feel Good Photographic Competition

Feel-good photo competition in association with Beara Camera Club.

Open to West Cork residents. 1st, 2nd and 3rd prizes. Closing date, October 10th.

Competition and entry details at: www.thewellbeingnetwork.ie/feelgoodfestival



Out of the Blue | West Cork Libraries

'Out of the Blue' CD launch across the West Cork Library network for the festival and will be available to borrow from the libraries. The CD features 6 short audio documentaries that capture people's stories of mental health, distress and recovery. These are stories of hope, challenge and resilience.

Libraries will also feature a display of wellbeing books and resources during the festival.



Calm during Covid - Nikki Fitzpatrick of Myzenpod.com | Online

A short meditation / relaxation session to bring balance, harmony and peace to both Body and Mind during these challenging times. Available online throughout the festival.

Link at www.thewellbeingnetwork.ie/feelgoodfestival





West Cork FEEL GOOD Festival Programme



October 2020


Songs from Bantry, Beara and Beyond | West Cork

Nora Edgeworth, co-founder of Bantry Community Choir, will be collecting local songs from Bantry and around West Cork. These songs will be performed during 'Open Door' music groups at 49 North Street during the coming year.

To submit suggestions, songs or recordings, please send to songsbantryandbeyond@gmail.com

Reduced cost passes for Dunmanway Swimming Pool | Dunmanway

In association with Dunmanway Family Resource Centre and Dunmanway Swimming Pool. Child Pass €1 and Adult Pass €2 can be purchased from the Family Resource Centre in Dunmanway from Monday 5th - Friday 16th.



Tune In | Online screening

'Tune In' was created as a response to the conditions of the lockdown. In the spirit of co-production, the filmmakers collaborated with 49 North Street's musical improvisation group 'The Happiness Ensemble' and Music Alive, to create a collective response to the times we are living in.

All events are in October and are free unless otherwise stated.

Full details of all events at: www.thewellbeingnetwork.ie/feelgoodfestival

Events are either online, or in strict adherence with public health guidelines, with limited spaces and pre-booking essential.

Supported by

**The Wellbeing Network, West Cork : 49 North Street, Skibbereen
Mental Health Engagement, Cork Kerry HSE**

Little Things
Matter

