



Kilkenny County Council Library
Service



Seirbhís Leabharlainne
Chomhairle Contae Chill Chainnigh



Healthy Ireland
at your Library

#BeWell #ThinkWell #EatWell



www.kilkennylibrary.ie



Rialtas na hÉireann
Government of Ireland



Walking for Health



Healthy Eating for Healthy Living



Thomastown Library

Tuesdays - 10.30am
February 18th, 25th
March 2nd, 10th



Join Orla from Get Fit Smiling for this series of walks - open to adults of all ages and physical activity level.

Refreshments served in the library afterwards.



GIY workshop

Ferrybank Library

Wednesday 26th February at 2.30pm
Booking advised, phone 051 897200.

Dee Sewell of Greenside Up will be on hand to discuss how you can get started in growing your own healthy food. Learn how to grow food in small spaces, develop sustainable gardening methods and be encouraged by the positive benefits of gardening.



Thomastown Library

Thursday 27th February at 11.00am
Booking advised, phone 056 7794331

Castlecomer Library

Thursday 19th of March at 11.30am
Booking advised, phone 056 4440561.

Join Aislinn Murphy, Registered Dietitian, as she shares top tips on how to jump start your energy levels and give your mind and body the nourishment it deserves.

Retirement Re-adjustment



Urlingford Library

Thursday 27th February at 3.00pm
Booking advised, phone 056 7794182

When we retire, we go through a major period of readjustment. This workshop looks at ways to make the transition easier. This workshop is suitable for people approaching retirement and also those in retirement.

Decluttering - how it can bring you happiness



Castlecomer Library

Thursday 27th February at 12.00pm
Booking advised, phone 056 4440561

Fiona Hall is a qualified and accredited Psychotherapist and Public Speaker who is passionate about decluttering and the positive impact it has on our mental health. Get some great practical advice and tips on how to successfully declutter your life and home.

Mindfulness for Exams

Michael Dalton, Core Process Psychotherapist, Counsellor and Mindfulness Meditation Teacher will discuss how the simple practice of Mindful Meditation can help ease the pressure of exams and study.

Graigenamanagh Library

Saturday 22nd February at 11.00am
Booking advised, phone 056 7794178

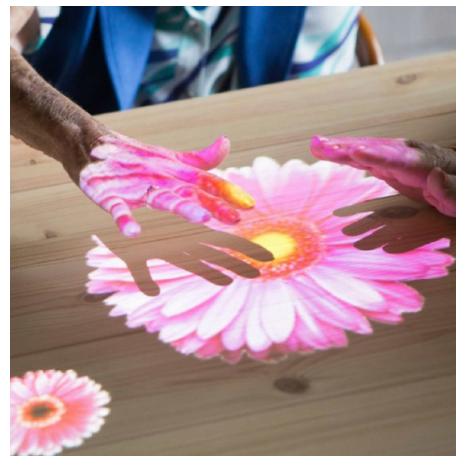
City Library

Tuesday 25th February at 2.00pm
Booking advised, phone 056 7794174.



Living with dementia

A talk with Caroline Clifford followed by a demonstration with library staff of our "Magic Table".



Loughboy Library

Friday 20th March at 11.00am

Understanding Dementia is the first step to living well with dementia. This talk will explore what dementia is, how people can live well with dementia, the support services that are in place for people and what to expect if someone gets a diagnosis.

Caroline Clifford is a Clinical Nursing Specialist working with people with dementia and their families for over twenty years.

This magic table consists of a series of interactive games specifically designed to help those with dementia to be more socially and cognitively engaged and to have fun.

Music therapy sessions



Callan Library

Wednesday 26th February at 11.00am

Join music therapist Ann Moylan for a special singing session remembering "Songs from Yesteryear". All are welcome to attend.

Ferrybank Library

Thursday 12th of March at 10.00am

Music therapist Sharon Scanlon will give an introduction to a music therapy session to a local community group.

This session is fully booked.

Ageing with Confidence with Teresa Hennessy, HSE

Loughboy Library

Starting Friday 23rd March at 2.30pm
for 5 weeks



Would you like to discuss changes that may occur as you get older and how you might make the most of your life and live to your full potential?

The course covers such topics as Self-Confidence, Ageism, Physical and Psychological Aspects of Normal Ageing, Self-Knowledge and Stresses, the Emotional Self and Resilience in Later Life

Teresa Hennessy is a Senior Health Promotion Officer with the HSE.

Healthy Ireland at Your Library Storytimes for children

Children are invited to come along to our Healthy Ireland at your Library story time in your local library.

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| Callan | Tuesday | 11th February | 11.00am |
| Castlecomer | Wednesday | 19th February | 11.30am |
| City Library | Saturday | 15th February | 12.00pm |
| Ferrybank | Tuesday | 18th February | 11.30am |
| Graigenamanagh | Friday | 31st January | 11.00am |
| Loughboy | Thursday | 27th February | 11.30am |
| Thomastown | Saturday | 1st February | 11.00am |
| Urlingford | Thursday | 13th February | 11.00am |



The Healthy Ireland at Your Library is a national library initiative which aims to establish the local library as a valuable source of health information for local communities.

This initiative is funded by the Department of Health and the Department of Community and Rural Development and provides for a range of events, new books, new eBooks and eAudiobooks and digital magazines all related to health and well-being.

Our programme of events includes mindfulness for exams, a GIY workshop, talks on dementia care, community walks and music therapy sessions.

Pop into your local branch to browse through the latest titles to be added to the Healthy Ireland collection or browse the catalogue online at www.kilkennylibrary.ie. Topics include mental health, teen issues, parenting, nutrition, positive ageing and physical activity so get along to your local library to get lots of advice and tips about how you can be a healthier you!

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|------------------------|-------------|--|
| Callan Library | 056 7794183 | callan@kilkennylibrary.ie |
| Castlecomer Library | 056 4440561 | castlecomer@kilkennylibrary.ie |
| City Library | 056 7794174 | citylibrary@kilkennylibrary.ie |
| Ferrybank Library | 051 897200 | ferrybank@kilkennylibrary.ie |
| Graigenamanagh Library | 056 7794178 | graig@kilkennylibrary.ie |
| Loughboy Library | 056 7794176 | loughboy@kilkennylibrary.ie |
| Thomastown Library | 056 7794331 | thomastown@kilkennylibrary.ie |
| Urlingford Library | 0567794182 | urlingford@kilkennylibrary.ie |



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