

Tallaght Community Health Awareness Month

Week 2 : Oct 11th- Oct 15th

Monday Oct 11th

First Aid for Panic Attacks

Monday 11th October at
10-11pm
Will Coakley 0851017688
willcoakley76@gmail.com

#TCHAM
@FettercairnHealthProject

<https://www.facebook.com/FettercairnHealthProject/>

Tuesday Oct 12th

A Health Talk on
" How to be happy in the real world"
11am-12pm
The talk will focus on providing useful health information and tips with Tallaght University Hospitals

**Consultant Psychiatrist
Professor Brendan Kelly**

which will also be live streamed on Fettercairn Health Project Facebook page

Wednesday Oct 13th

Mindfulness Yoga
Killinarden Family Resource Centre
2pm-3pm
Contact Martina
0860200688

**'Drugs and young people'
a talk for Parents**
Fettercairn Community Centre
7pm-8pm
Contact Tim Murphy
0860695251
tim.murphy@sdcpartnership.ie

Thursday Oct 14th

Mindfulness/ Relaxation/Stress Management
Killinarden Family Resource Centre 10am-11am

The Keys to Wellbeing (Be Active)

1.30pm-2.30pm
Online via Zoom
Contact Karen Keyes to register
0876187528
karkeyes@yahoo.co.uk

One to one Quit Smoking information sessions

Fettercairn Community Centre

These sessions will give people an overview of the one to one quit smoking supports in their area for people who wish to Quit smoking ,and questions and answers, and opportunities to meet the smoking cessation specialist Josh Ayala
Please contact
Anne Flanagan - 087 4344371

Blood pressure and BMI testing in Local Pharmacies
DROP IN

Hickeys Pharmacy
Springfield
every Tuesday
11am-2pm

Rosfiled Pharmacy
Brookfield
Mon-Fri during opening hours

'Pharmacy hub Killinarden'
Mon-Sat during opening hours

Friday Oct 15th

Laughter Yoga
Killinarden Family Resource Centre
10.30am-11.30am
Contact Mirian
laughteryoga8@gmail.com

One to one Quit Smoking information sessions
St. Kevins Family Resource Centre
Please contact
Anne flanagan - 087 4344371

Information awareness session on Tusla Family Support/ Meitheal
Fettercairn Community Centre
10am-11am
Drop in
Contact Elizabeth or Yemi
01 4686300

Cultural Awareness Information session

Online via zoom 2pm-3pm
Contact Yemi 0871723463
familymattersplatform@gmail.com

Tallaght Travellers & Fettercairn Mens Shed

Fettercairn Mens Shed and Traveller Mens Group will work together to give an understanding of the richness of each other's culture with the Art of Tin Smithing

For all queries contact
Samantha on
01 4590708



All activities are
FREE throughout
the month