

## WELCOME TO THE AUTUMN/WINTER PROGRAMME 2016

Welcome to the North Leitrim Women's Centre's Autumn/Winter Programme 2016. We have another jam packed programme full of activities, courses and events for you again this term.

Some of the old favourites are back with a new twist and there are some new courses and workshops for you to try out.

Some of popular courses from previous programme are back and revamped. Tamara is back with **International Healthy Eating Cookery** Course which was very popular in the spring. Lots of new recipes and ideas so great for those who did the previous course and want to learn more or for new participants—and you get feed every week, what more could you want! We're heading across the road to the **FABLAB** again for our extremely popular craft course with a difference, using and learning about new technologies, such as 3D Printing and Lazer Cutting. We're also back in The Food Hub in Drumshanbo for a new 10 week **FETAC Level 3 Course in Nutrition and Healthy Options** and of course our **Christmas Cookery Night** in December.

We have a lot of new courses and workshops for you to try out this Autumn. Some new crafting programmes including: **Basket Making Workshop**—where you'll learn about the art of basket making, make your basket to take home. Introduction to **Green Wood Work** with Steffi, you'll get to learn how to use a range of hand powered traditional wood work tools and produce a range of small wooden crafts. We also have Roz back doing **Needle Craft**, embroidery and applique.

Read on to find about some other new exciting programmes we have on offer this year.

We hope you enjoy looking through the programme and are sure you'll find something to interest you.

*Remember places are limited to book early  
We look forward to another busy season in the Women's  
Centre and welcoming you all in for a visit.*

## Women's Health & Well-Being

October in the Women's Centre is a time to focus on your physical and mental Health & Wellbeing.

October is **Breast Cancer Awareness Month** and as always we will be continuing our work to raise awareness of breast cancer and encouraging and educating women to be Breast Aware.

**October 10th is World Mental Health Day** and we along with a number of other organisations in the County are promoting a range of events, workshops and courses over the course of October aimed at supporting Positive Mental Health—keep an eye out for details of events happening near you.

We have a number of events on in the Women's Centre in October on the theme of Health & Wellbeing:

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*Encouraging women to live a healthy lifestyle, eat healthy, exercise, relax and remember the importance of looking after yourself*

**Wellness Day - Friday 21st of October  
10.00am - 2.00pm**

**Living in the Flow of Natural Wellbeing**  
with Paula Flanagan

**Health Eating Demo**  
**Focus on gut health (probiotic) foods/drinks**  
with Tamara Samson

**Followed by a Healthy Light Lunch**

*The event is free of Charge—Funded by the  
Carrickeeny Wind LTD – Community Fund*

**Thursday 13th October  
1.00pm**

**Lunch Time Walk & Chat**  
**Meet at the North Leitrim Women's Centre**

## Christmas 2016

I know its only September but we have to mention the 'C' word as our plans for Christmas are already in full swing in the Women's Centre. There's lots of fun and interesting workshops for you including:

**Christmas Cookery with David**—Monday 5th of December  
**Christmas Flower Demo**—Tuesday 29th of November  
**Christmas Crafts with Liz**—Friday 9th December

And Christmas wouldn't be Christmas in North Leitrim with out the Women's Centre's Christmas Market. This year the **Christmas Market** takes place on **Sunday the 4th of December**.

And when all the fuss is over come and join us for some time out with old friends to celebrate

**Nollaig na mBan (Women's Little Christmas)**  
**Friday the 6th of January in the Women's Centre.**

## Living in the Flow of Natural Wellbeing

Have you experienced moments where all felt right with the World? When all around was peaceful and you could enjoy the moment? What if this was available to you whenever you needed it, whenever you could simply rest in a quiet peace of mind?

Come join us as we explore how we can all find that place within ourselves, sharing together the insights of what Natural Wellbeing can feel like. Paula Flanagan is a 3 Principles Practitioner as well as a community facilitator and educator for over 25 years. She is hosting an introductory session on Fri 21st Oct followed by 2 further sessions on Tues 25th Oct and Tues 1st November.

## Biromums with Anna Morvern

A series of 6 expressive writing workshops focused on motherhood and mothering. The course is inclusive so you can define the kind of mothering: as a new mum, aunt, grandmother, foster mum, etc.

What is expressive writing? Expressive writing is writing from the personal, the emotional, from the body, mind and spirit, from your own experiences and memories. Expressive writing has the power to improve your mental health and well-being, with a positive effect on your relationships and place in the world around you

## North Leitrim Women's Centre Counselling Service

The Women's Centre continues to offer an affordable counselling service for women. This service offers you an opportunity to talk about the stresses and worries that are affecting your life. Counselling is not about giving you answers but aims to help and support you to find your own path and your answers. It can offer you support to deal with issues affecting your quality of life including:

- Emotions such as anger, grief, sadness, loneliness, fear
- Stress and anxiety
- Low self esteem or lack of confidence
- Family issues or relationship problems
- Difficulty communicating
- Negative thoughts
- Sexual abuse/trauma

If you would like to find out more about our counselling service drop in or phone the Women's Centre. The costs of the service are as follows:

Waged—€40, Low Waged—€30, Unwaged—€20  
per 1 hour session

However our aim is to make the counselling service as affordable and accessible as possible and the fees are negotiable. No one will be turned away if they cannot afford to pay.

This service is possible thanks to generous support of our funders - ESB Electric Aid, The Community Foundation for Ireland & TUSLA

## Mind Matters

### Support Group for People who:

- Are feeling anxious and depressed and would like to meet with other women who understand
- Would like to learn about Mindfulness

Meets the second Wednesday of every month

7.30pm—9.30pm

## North Leitrim Well Woman Clinic

### Services Available:

- Smear testing
- Contraceptive advice
- Implanon Implant Insertion
- Mirena Coil Insertion
- BP checks
- Breast exam
- Mammography
- Continence advice
- General talks around pregnancy, fertility, HRT and the menopause

By appointment only, adaptable/flexible/friendly surroundings

The clinic is held in The North Leitrim Women's Centre, Bee Park Community Centre, Manorhamilton, Co. Leitrim

The clinic is held by  
Dr Helen Fitzsimons

To make an appointment and for further details, please contact 071 9856220

This service is free to all medical card holders

To avail of your free cervical screen contact the freephone number 1800454555 or log on to [www.cervicalcheck.ie](http://www.cervicalcheck.ie)



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to keep up to date on all the activities and programmes taking place within the North Leitrim Women's Centre



## North Leitrim Women's Centre

The Bee Park Community Centre  
Manorhamilton

## Autumn/Winter Programme 2016



The North Leitrim Women's Centre aims to provide a safe, friendly, welcoming and supportive environment for all women in our community to empower them to reach their full potential

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