



*The Wellbeing Way*  
A CWELL Community Wellness Book

The image on the front cover was taken by CWELL student Amanda Clifford it shows King Johns Castle. The castle which was built in the early 13th century has served as a focal point for centuries; from its role in the Siege of Limerick to its recent selection as Limerick's favourite building King Johns Castle has nobly served as a symbol of Limerick and her people.

*This book is dedicated to all those who work to make their communities strong and vibrant .*

**With support from**





## The Wellbeing Way - An Introduction

CWELL stands for Community Wellness Empowerment Leadership and Life skills. CWELL is a collaboratively designed 2-year community based adult education diploma programme awarded by the University of Limerick. The programme is funded by Limerick City and County Council, Limerick City Community Development Project and the University of Limerick. The CWELL diploma is designed by communities, for communities. CWELL aims to increase the capacity of the student and of their community to effect positive social change. Students work with local communities to identify local needs and to design a response to these needs.

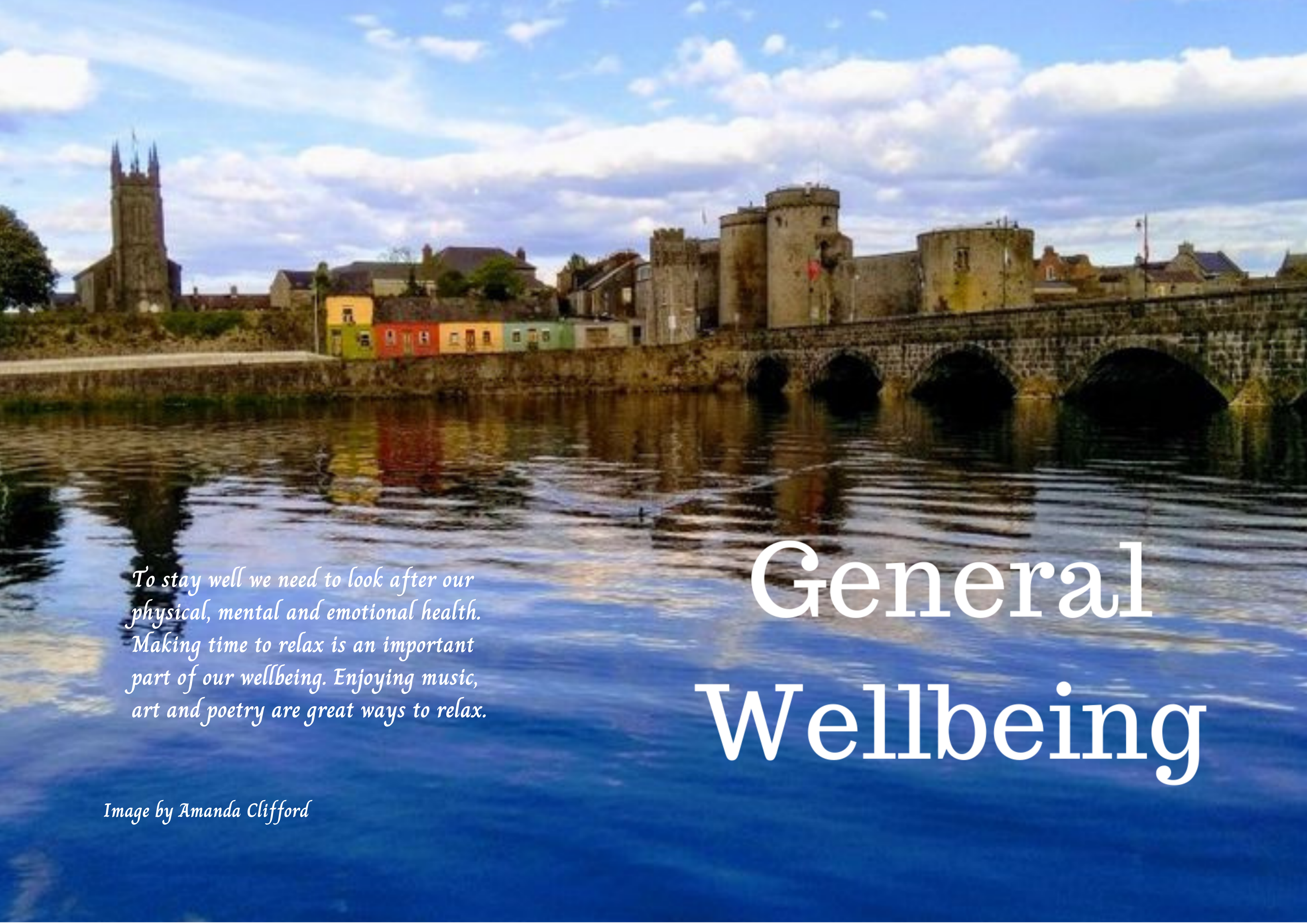
In early December 2020, the CWELL second year class undertook socially distanced community conversations in the Southill area of Limerick city with staff and volunteers from the Southill After Schools Club. We are very grateful to Tess Walsh and Lindsey Liston who helped to facilitate this and to those who gave so generously of their time by participating. The Corona virus pandemic came up a lot during these conversations and we spoke about the impact it was having on the community. Participants felt that Covid had a very negative effect on the community with people having to isolate and stay indoors. Older people especially are feeling cut off. *“Those that were already isolated and now even more isolated”* one participant said. For a busy community like Southill not to be able to organise social events was very difficult. From the Southill conversations and from our own personal experiences we knew that this sense of isolation was being felt in many communities. The idea for this book came from this realisation. As a group we asked ourselves what could we do to help alleviate isolation and to encourage people to mind their mental health during these difficult times.

Our answer is *"The Wellbeing Way. A CWELL Community Wellness Book"* The book is a collection of artwork and activities created and curated by the CWELL. Some of the material was originally created as part of assignments for the CWELL course. The book is packed with original poetry and artwork and plenty of hints, tips and activities to help you pass the time and stay well. We hope you enjoy our book.

*CWELL Graduating Class of 2021*







*To stay well we need to look after our physical, mental and emotional health. Making time to relax is an important part of our wellbeing. Enjoying music, art and poetry are great ways to relax.*

*Image by Amanda Clifford*

# General Wellbeing





## **It's all for free.**

When I was a child I was taken for a walk,  
My mom would hold my hand and we would have our little talk,  
Of the beauty that surrounds us if only we took the time to see,  
From the changing of each season to the beauty of the trees,  
Each season brings so many things that we should be grateful for,  
Spring brings new life the buds that come on the trees,  
Also brings windy weather that shakes the beautiful golden daffodils,  
Summer brings those wonderful colours to brighten up our day,  
The bee's are busy buzzing collecting pollen as we pass along the way,  
To make that beautiful honey that we love to use in so many different ways,  
Autumn comes before you know it and nature is slowly winding down,  
With the ground full of beautiful colours of lemons, reds and browns,  
And to hear the crunch under our feet as we slowly move around,  
Winter comes with wind and snow that give our face a rosy glow,  
But then it slowly has to go away for the cycle to begin again,  
For nature is such a wonderful thing and all of this is free,  
If we only took the time to see of the beauty that God has given for free.

*by Geraldine Minogue*



## Caught in the Headlights

Its getting dark. It needs to be darker. Time is against me. I've left the family at home. Looking, peeping up and down, is there someone or something out there. Is there anything out there that will hinder me getting home? My breathing becomes faster, skin tingling, fur rippling. My hearing and my sight are heightened. It's now or never. I take off in the direction I need to go. Faster. Faster .I feel like I am flying through the air.

My breathing becomes faster, skin tingling, fur rippling. My hearing and my sight are heightened. It's now or never. I take off in the direction I need to go. Faster. Faster. I feel like I am flying through the air. Then from nowhere, it happens. I am stopped in my tracks. Eyes blinded, burning, can't see, confused, the noise, where to go or what to do next.

Suddenly the noise stops; it goes dark and quiet. Its as if I am now suspended in time. My heart feels as if it will burst out through my chest. I move slowly, across the road into the roadside. Under the hedge and onwards through the long grass. Familiar ground. Home getting closer. My heart begins to settle. I am breathing slower. I sense I am near. Finally home. Safe at last for now.

*by Maureen Power*





## **I am From**

I am from- cow's mooing, lambs bleating and bacon and cabbage.

From footing the turf, saving the hay and fear of the bull.

From summer dresses and sandals, frolicking in the meadows,  
hiding and seeking.

From mantillas with hair clips

as I bring up the gifts in church at the Offertory.

From using a taper to light the Easter Candle on the altar.

From 'God Bless All Here' when entering a house.

From proudly standing tall to measure my growth spurt with a ruler,

To recite a poem for my mother, To sing a song for our visitors.

From the swoosh of the basketball as it enters the hoop,

Playing 'Picky' up the court, rounders down the road,  
marbles in the street,

And slurping green and orange jelly on St. Patrick's Day.

From Percy French's West Clare, Limerick You're a Lady  
and Dublin in the Rare Auld Times.

From The Murphys, The Leahys, The Dollards

And from whence their forbearers came.

When I was asked by a Primary School Teacher,

' Where are you from? I replied –

I am from- 41, Galvone Road, Kennedy Park, Limerick, Ireland,

The World, The Universe, The Globe.

Even then, I knew that I was from far more than the house I dwelt in

*by Claire Dollard*



An aerial photograph of a village with colorful houses and a thatched-roof building, reflected in water. The scene is captured from a high angle, showing the layout of the buildings and the surrounding landscape. The water in the foreground is calm, creating a clear reflection of the village above. The sky is a deep blue, suggesting a clear day. The overall mood is peaceful and serene.

# Minding Your Mental Health

*To mind our mental health we need to give time to understanding ourselves and to being kind to ourselves.*

*Image by Amanda Clifford*



### **BREATHE**

Breathe in, Breathe out, look up, look down  
as I walk step by step listening to the sounds.

Colours, shapes, and what flies by,  
all these things catch my eye.  
I'm worth this time, to take time out,  
to appreciate the world about.

The gentle breeze or robust gust,  
can blow me off my feet,  
it ruffles the trees, fells the leaves,  
that crunch beneath my feet.  
The clouds make faces overhead,  
as the rays of the sun peep through,  
I feel heat upon my face,  
I smile no better place to be for me.

Breathe in breathe out.

The raindrops fall from the trees  
make rivers down my coat.  
The buzzing bees, flapping wings,  
birdsong in full chorus,  
A flowing stream says come sit by me,  
babbling along is a calming sound.

Breathe in Breathe out.

Flowers, berries, 40 shades of green,  
all making their mark on the here and now.  
My hopes and dream are as real to me,  
as they were many years ago.  
I look forward, not to my shadows that are behind  
but onward and upward one step at a time.

Breathe in Breathe out.



*Poem & Image by Maureen Power*



# Magic Moments

*"The momentary thrill of getting rarely equals the lasting joy of giving"*

William Arthur Ward, American Motivational Writer (1921 -1994)

We hope you like this simple gift idea. It is so easy, simply make up a bag with each of the items listed to create a 'Life's Little Emergency Kit' to give to family and friends.



**See the beauty in everything  
& life can be all it's cracked  
up to be !**





A photograph of large, moss-covered tree roots on a forest floor. The roots are thick and gnarled, covered in a vibrant green moss. Scattered around the roots are numerous pink rose petals, some of which are still attached to small stems. The background is a dark, textured surface, possibly a rock or a large root, also covered in moss and petals. The overall scene is serene and natural.

## Grounding to Mother Earth - A Meditation

Take a deep breath in and slowly out,  
Visualise the roots of white light, like roots of a tree,  
flowing from the soles of your feet and down into the ground  
beneath you.

Visualise your strong, powerful roots moving easily and  
effortlessly down through layers of roots and soil to the centre of  
the earth,

to the waiting arms of Mother Earth.  
Feel and sense that she is holding your roots.  
Sense that you are grounded and balanced



# Activities to help with Minding your Mental Health

## Wellness Tool Box

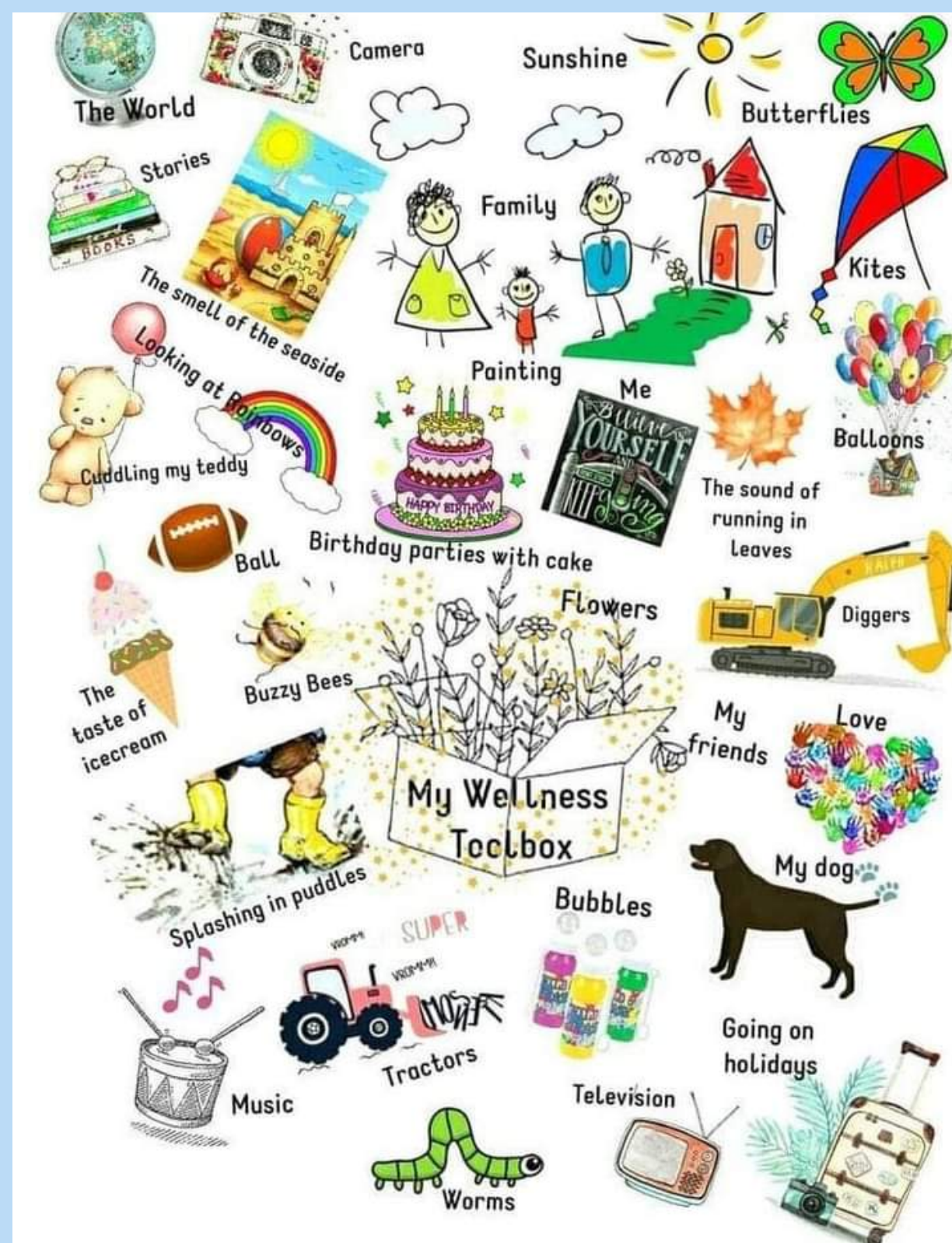


Image & Text by Amanda Clifford

A fun thing to do with children of all ages is a "Wellness Tool Box". It will help with their mental health & wellbeing in these uncertain times. It is a list of a child's favourite items & things to do. They can get more ideas for the toolbox by noticing things that they do throughout the day that makes them smile, it is personal to them. Imagination & curiosity is very important, it helps a child make sense of the world, it helps them be creative, it helps them be themselves. It's great for adults too !!

Life is too short not to jump in puddles in the rain & blow bubbles in the sun !



# Activities to help with Minding your Mental Health

## Growth Mindset

Someone with a growth mindset believes that they can develop and grow, change and adapt

Growth Mindset is so important for our wellbeing. It is believing in you ~ that you are in control of your abilities, and can keep on learning and improving. You can follow your dreams & they can come true

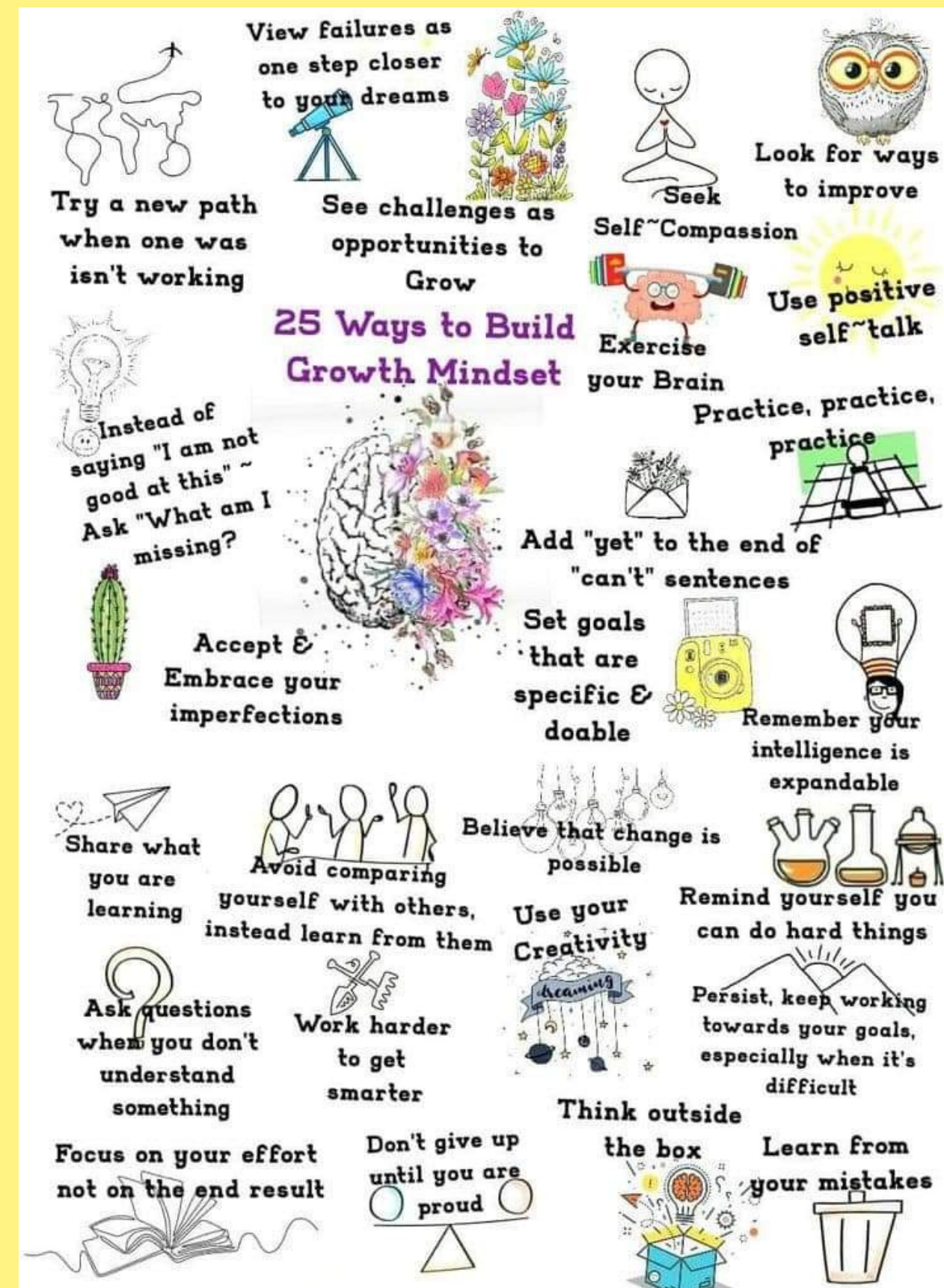
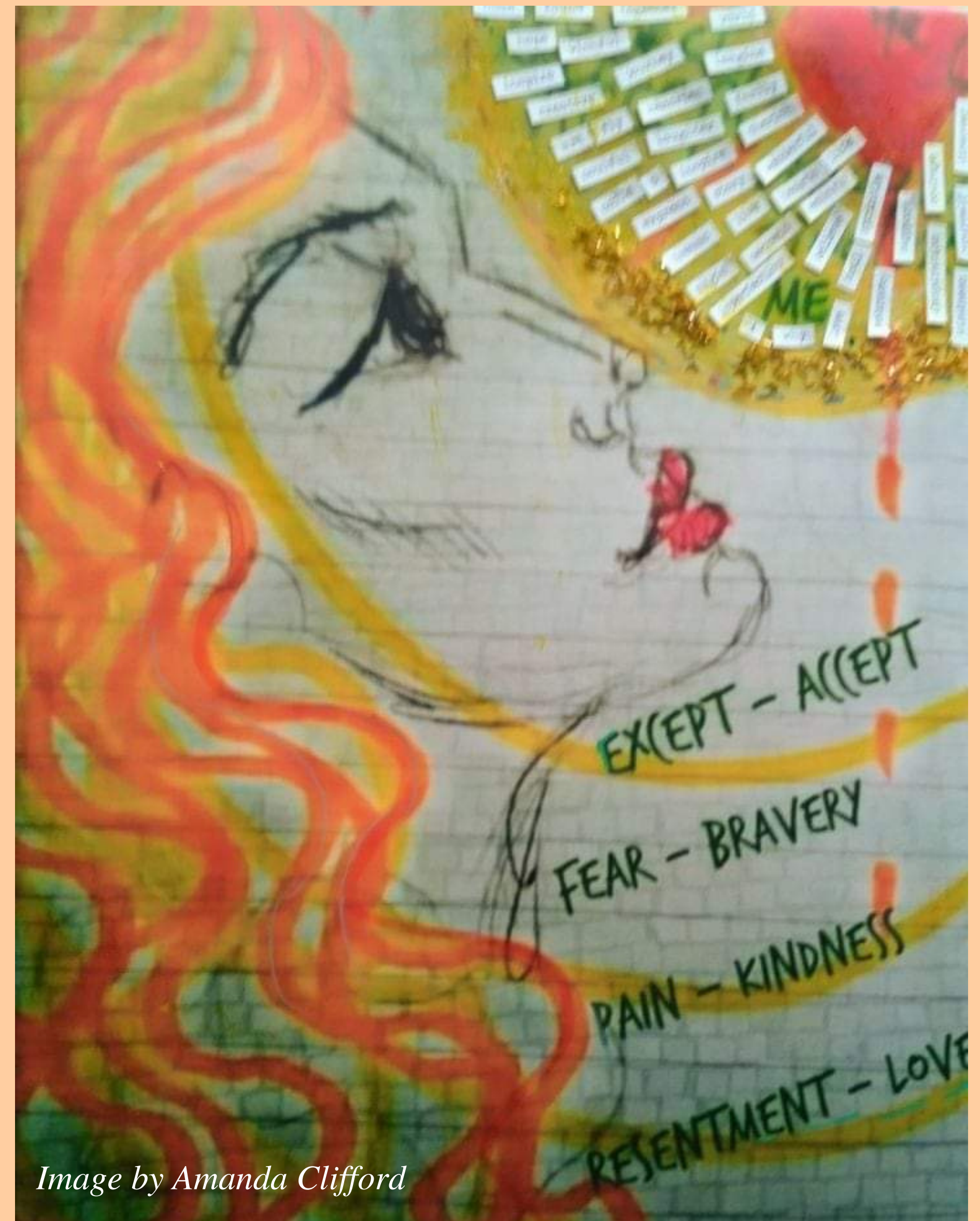


Image & Text by Amanda Clifford



# Life by Catherine Kinnane

Just like the caterpillar when its able to crawl,  
When I was small, I often did fall.  
But every time I got up, I grew and grew,  
Cut my knees, bruises on my legs,  
Crossing hurdles, the hurdles of life, Up's and down's,  
My family would say, fix your crown,  
Stand up and carry on, tomorrow is a new day,  
To start a fresh, no matter what it is,  
Little by little, day by day, this was the only way,  
I went to new places, I met new people,  
I learned new things, it was then I realised,  
AI started to grow wings, now I could go anywhere,  
Or do anything my heart desired,  
the things I never dreamt I could do,  
Were unfolding before my eyes,  
Just like the caterpillar, when it was able to crawl,  
I was now a beautiful big butterfly,  
And there to help others when they did fall,  
Just when the caterpillar thought, its world was over,  
it became a butterfly,  
The world is your oyster, Grab it with both hands  
Everyday is a new day to start again.



*Image by Amanda Clifford*

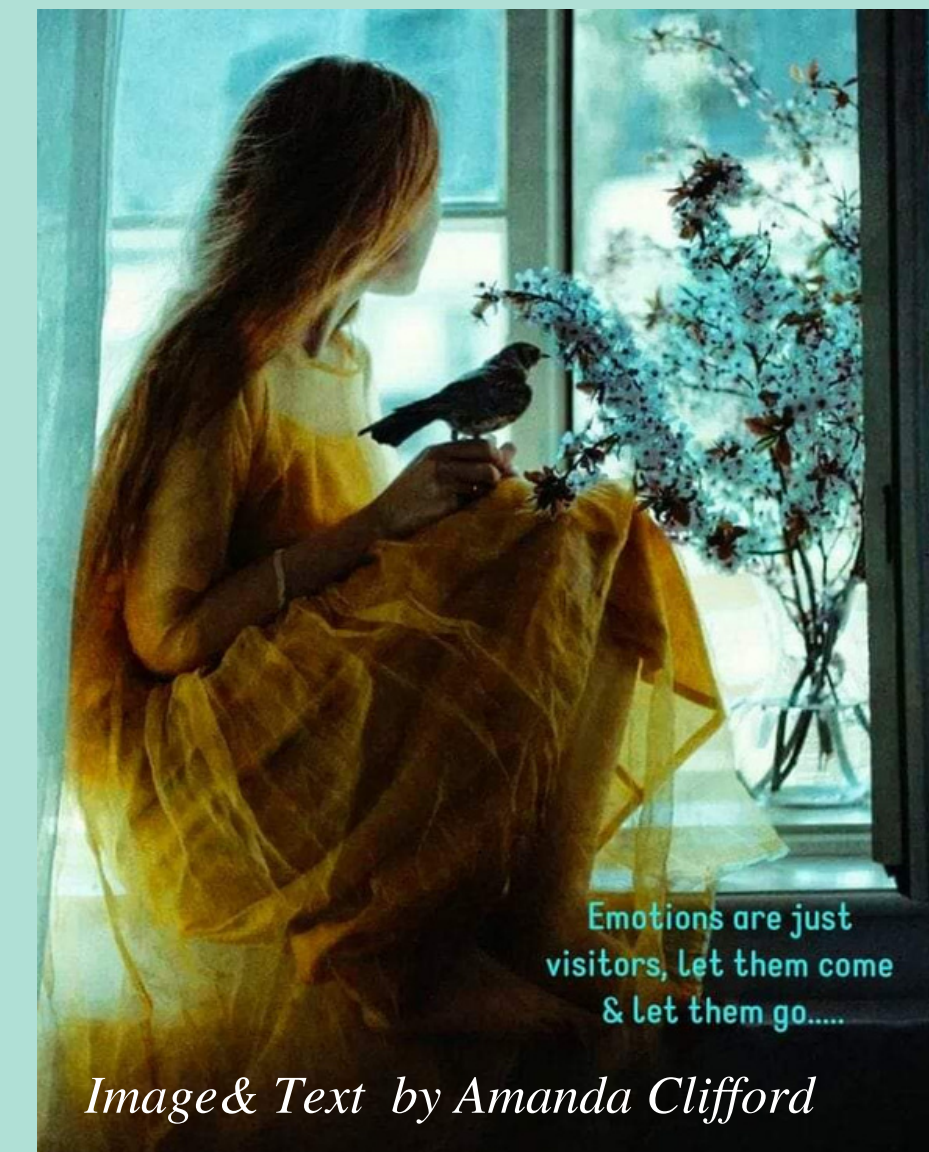


## Dealing with Grief

Being in isolation can trigger a sense of grief, what we have & will miss out on ~ Experiencing all kinds of unexpected emotions, from shock to anger to disbelief to guilt to sadness. Grief is a natural response to loss. It is the emotional suffering you feel when something or someone you love is taken away. Our grieving is as individual as our lives



## Managing your Emotions



Your emotions are visitors and each of your visitor have certain needs, to meet their needs, identify each one. Ask them questions with compassionate curiosity

*Hello, who are you ?*

*Where do come from ?*

*What information do you have for me ?*

*What do you require from me ?*

*How can I make you feel more comfortable ?*

As they are visitors you are in control, learn to listen to them but do not let them take over. Let them come & let them go



# The Green Ribbon - Helping to End Mental Health Stigma

A.B.C. for Mental Health was established 7 years ago to promote mental health awareness, a sense of belonging & to create an understanding that we can all make a difference. A.B.C. stands for Awareness, Belonging, Creating.



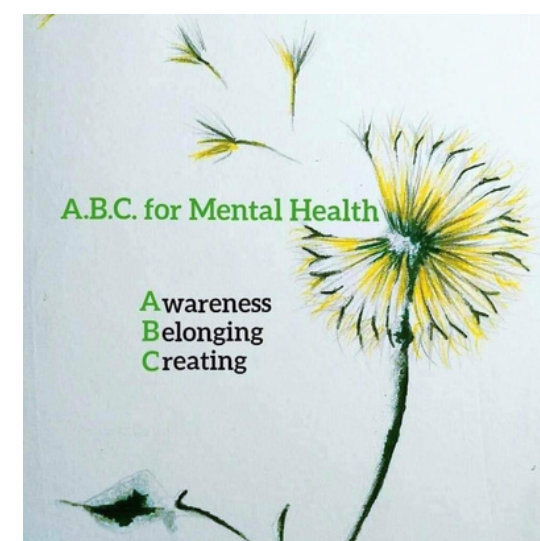
See Change, the National Stigma Reduction Partnership rolls out a month long national Green Ribbon campaign to get people talking openly about mental health problems. Since 2013 A.B.C. for Mental Health has been organising talks & events in Limerick to promote Green Ribbon.

Just like the Pink ribbon has become a powerful symbol for breast cancer awareness, the Green Ribbon has been established as the international symbol for mental health awareness. By wearing a Green Ribbon people do not only show their support for mental health, but also are participating in a social movement to reduce stigma & change attitudes towards mental health.

It is a ripple effect - if you see someone wearing a Green Ribbon, you can share, talk & reach out. The Green Ribbon teaches us that we all can make a difference. No matter who you are, you can provide value. We each have an individual purpose that cannot be compared to everyone else. Please never stop communicating in order to ask for help or tell another you are there for them. We can change minds on mental health, one conversation at a time. "Alone we can do little, together we can do so much more."

To find out more about the See Change Green Ribbon Campaign & how to get involved , please visit [www.seechange.ie](http://www.seechange.ie)

The Green Ribbons allows us to defy the shadows, reach out, connect & spread our wings as we are alone. We should all be aware of our mental health no matter who we are. As humans, we share commonalities ~ biology, birth, death, love & self-awareness.



As each individual is unique, so too is each piece of art. Each time we see an artist's piece ~ regardless of their culture, sex or age ~ we get an insight into how that artist sees the world. No matter how one sees the world, we all want the same thing ~ to be listened to, to be understood & to be loved

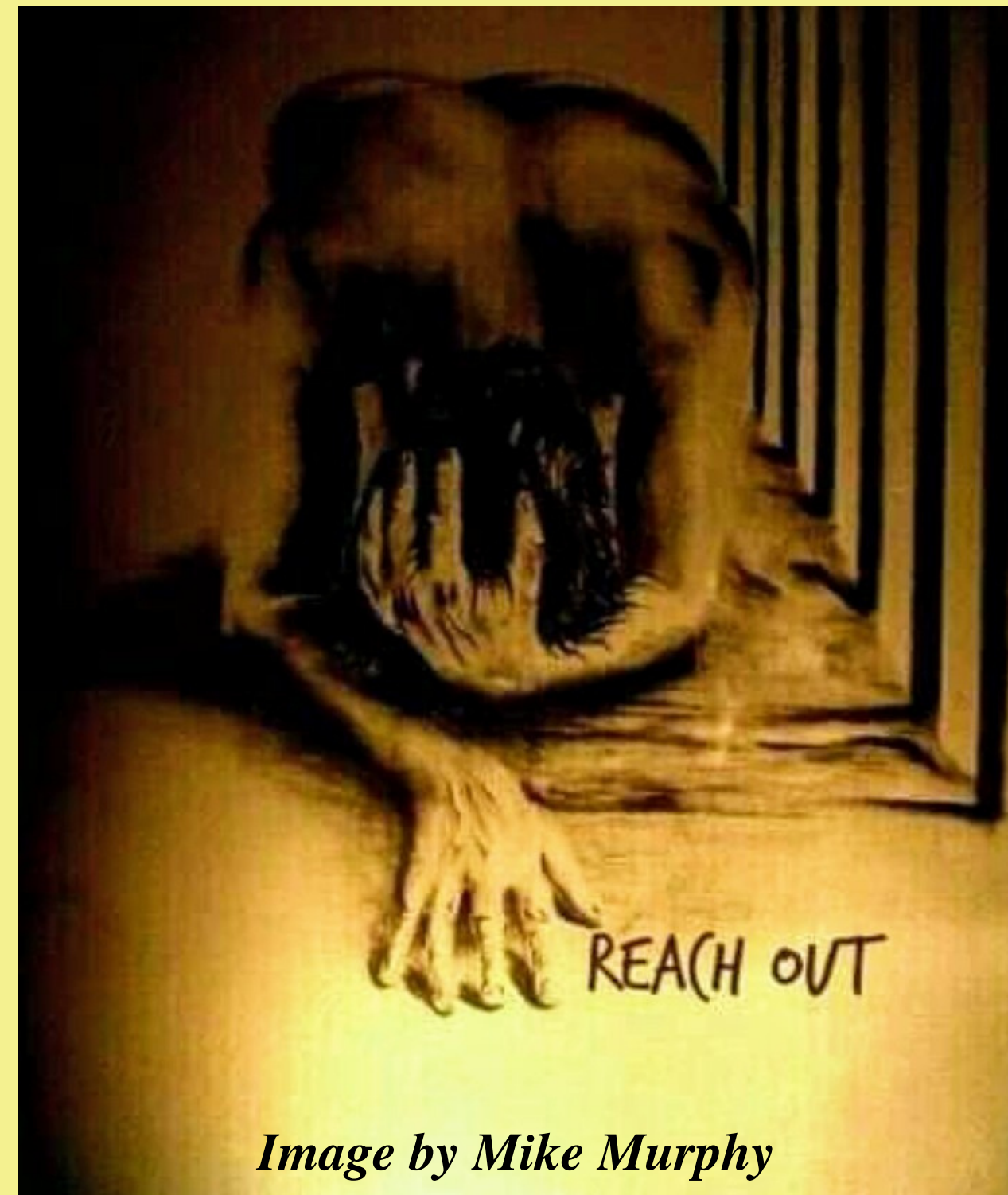




Milly & Poppy

Gíoraíonn beirt bóthar  
Two shorten the road

## Reach Out - Ask for Help



*Image by Mike Murphy*

We need a holistic approach to mental health & wellbeing a person centred approach, each person is an expert in their life. We need to bring awareness to all different types of therapies that are on offer & the different types of groups & organisations that can help. As we are not an objects, we do not need to be fixed. When we are lost or afraid we can reach out ask for help but we do not forget what we need, what we want.



## Useful Information

**There is lots of help available please reach out**

**24hr Mental Health Help Line - 1800742444**

**A.B.C. (Awareness Belonging Creating) for Mental Health - Facebook Page**

**ADAPT Domestic Abuse Services - 061 412354**

**Aware, your supporting light through depression -1800 80 48 48**

**Bedford Row Project, supporting families affected by imprisonment - 061 315 332**

**Blue Box Creative Arts Therapy Centre, working with schools and families 061 315 070**

**Community Crisis Response Team, building suicide safer communities 085 1777 631**

**Dochas, hope for people with autism - 061 405 923**

**Doras Luimni, promoting & protecting human rights - 061 310 328**

**Dynamic Release Therapy, (Narrative therapy + Seiki Therapy) - 086 8954592**

**EmployAbility, supporting people with an illness, injury or disability to secure and maintain employment - 061 493095**

**Enable Ireland, providing free services to children & adults with disabilities - 061 301830**

**Families.ie, Families & Men in life experiencing separation - 087 260 3603**

**FOCUS Ireland - Working with people who are homeless or at risk of losing their home - 061 317199**

**GOSHH, Gender, Orientation, Sexual Health, HIV - 061 314354**





**Useful Information Continued**  
**There is lots of help available please reach out**

**GROW Ireland , Mental Health Service - 1890 474 474**

**The Haven Hub - 085 201 9250**

**Headway, acts as a lifeline for people living with acquired brain injury  
061 469 305**

**ISPCC, Irish Society for the Prevention of Cruelty to Children - 061 400077**

**Jigsaw , young people's health in mind - 086 180 3880 text “call me”**

**Limerick's Men's Sheds - 061 446786**

**Limerick Suicide Watch - <http://limericksuicidewatch.ie/>**

**Limerick Treaty Suicide Prevention - 085 784 5347**

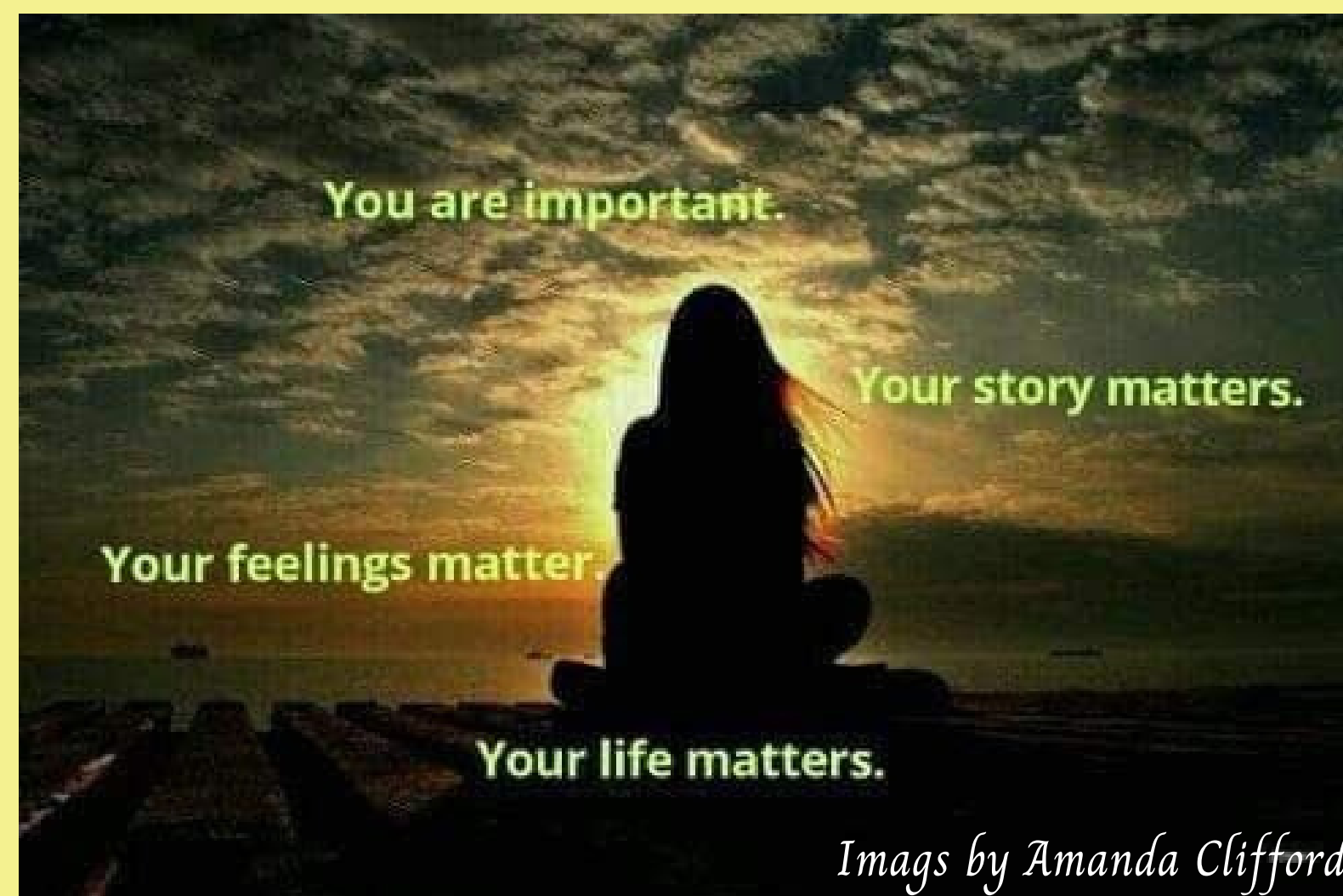
**Limerick Volunteer Centre - 087-7387481**

**Limerick Youth Service, connecting with young people - 061 412 444**

**Living Links Tipperary, support for the suicide bereaved - 087 969 3021**

**Mid West Simon Community - 061 608 980**

**MyMind -Counselling service - 076 680 1060**



**Novas - 061 370 325**

**Pieta House, working with families who are homeless or at risk of losing their home 1800 247 247**

**Pranic Healing Clinic - discover, experience, transform. - 085 1318596**

**RESOLVE Counselling - 085 7408918**

**Samaritans - 116 123**

**Society of St Vincent de Paul (SVP) -061 317327**

**Teen Line -1800 833 634**



# Keeping Busy



*We have all been living strange new lives since the onset of the Corona virus pandemic. We miss our old lives and yearn to be with family, friends and neighbour again. Until we can be here are some activities to help you keep busy.*

*Image by Amanda Clifford*





## **To Do List**

**How many lists are written each day  
around the world in so many ways?  
Like ants we busy ourselves for pay  
in the hope some day to retire we may.**

**How many hours of our life one  
written in ink ne'er complete or done?  
Should we not busy ourselves with fun  
sure in the end in this life we have won?**

**Let us re-do our list today  
as if it's our last with not long to stay.  
Would it be different, would we make hay  
while the sun it shines through with its perfect ray?**

**So what have we learnt from our lists undone?  
To the end of these tasks there are simply none!!**

**Let us act now for time out if may run.  
Choosing each day, not a list, but life's fun.**

**by Yvonne Madden**



## When I am free

The buzzing of the alarm clock disturbs my slumber. I shuffle to the bathroom and the whirr of its fan awakens me fully. Ablutions done, I switch on the kettle and ready the microwave for my scrambled eggs. The toaster pops as the hot water bubbles.

Today as every day for the past few months I try put some semblance of structure on my day.

The mellifluous tones of my piano and guitar will fill the air. The euphonious trill of my newly learnt languages will roll of my tongue.

The clicking of my knitting needles, will allow the stitches to beat themselves into time.

I take to my treadmill, knowing movement will lubricate both body and mind.

From My Great Indoors I dream of the Great Outdoors.

When I'm free – I'll count the cracks in the footpaths and navigate the horse dung without complaint.

I'll blow the seeds off a dandelion clock and wonder what time my surprise is at.

I'll wave a greeting to a neighbour that I have been avoiding. She dropped magazines in my letter box last week, for my pleasure.

Maybe I'll sit in the grass and make a daisy chain for my elderly friend who oft times reminisces about her summer childhoods.

Maybe I'll make up bouquets of gratitude for my GP and Chemist who have sustained my health up to now.

Maybe I'll buy a gift for the Post Office and Tesco servers who let me skip the queue when they realised my fatigue.

*by Claire Dollard*

### What do you plan to do after Covid 19?

Here is a great idea to help you keep track of all the things you would like to do when Covid-19 restrictions are lifted. Write each of your ideas on a piece of paper. When you can, choose an activity from the jar and do it.



### Some ideas might be:

- Go to the park
- Have lunch in a café
- Plan a day out
- Have a picnic
- Visit a tourist attraction in another county
- Go for a walk somewhere new



# Buzzie Bees Cup Cakes



## INGREDIENTS CUP CAKES

100g – 4 oz – ½ cup butter or margarine  
100g – 4 oz – ½ cup castor sugar  
100g – 4 oz – ½ cup self-raising flour  
2 eggs  
½ tea spoon vanilla essence optional  
2 tablespoons of milk

## INGREDIENTS ICING

150g – 6 oz – 1 ¼ cups icing sugar  
2 tablespoons of water  
1 to 2 drops of yellow food colouring



## INGREDIENTS DECORATION

70g – 3 oz of Cooking chocolate melted  
Chocolate buttons or after dinner mints

## Utensils

3 BOWLS, SIEVE,  
WOODEN SPOON/WHISK,  
CUP CASE CASES,  
BAKING CUP CAKE TRAY,  
PIPING BAG.



*Recipes & Images by Maureen Power*

## COOKING INSTRUCTIONS

1. Preheat oven to 100°C/392°F Gas No. 6
2. Mix butter & sugar in bowl until pale and fluffy. Add eggs a little at a time beating well with spoon/whisk. Fold in the flour. Add a little milk if the mix is dry as you want the mixture to have a soft dropping consistency.
3. Spoon mixture into the paper cases evenly, ½ fill the cases.
4. Bake for 15 mins or until golden brown.
5. Put on a rack to cool before adding the icing.
6. Mix the Sieved icing sugar with the water adding a drop of the yellow food colouring. Spoon onto the cup cakes. When the icing has set add decoration.
7. Put the chocolate into a nonmetal bowl in the microwave for 10 to 15 seconds until soft.
8. Spoon the soft chocolate into a piping bag to make the stripes, eyes and mouth of the bee.
9. Use dinner mints or chocolate buttons to make the wings of the bee. Enjoy!!!!!!!!!!



## The Art of Mindful Walking

Before starting your walk take a few moments to relax your face, shoulders, arms, hips and prepare to walk naturally being mindful to move slowly and being totally aware of each moment. While walking pay attention to your breathing, remember to have slow steady breaths in and out.

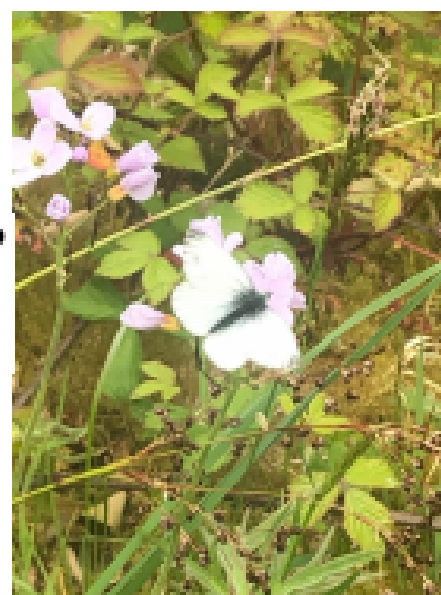
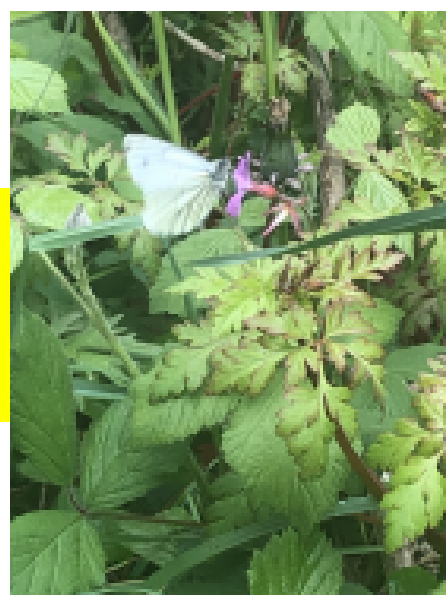
Some people find it helpful counting to 3 or 4 with each breath remaining aware of their chest moving in and out. Notice how your whole body feels when you walk, being mindful of your feet as they touch and leave the ground. Allow your arms to swing freely and lightly in rhythm as you walk. If you find yourself becoming distracted while you walk, stay focused on your breathing and use your next step as an opportunity to get back in sync. It is normal to have fleeting thoughts going through our minds but you can bring your concentration back by focusing on your breathing. Be aware of your surroundings to what colours and shapes you can see. What sounds can you hear while you walk, where do these sounds come from? Remain aware of these sounds. Focus on your sense of smell, what do you smell? Where do these smells come from? With a sense of gratitude and appreciation, pay attention to any new sensations you experience. Be mindful of any thoughts or feelings that arise, without lingering on anything in particular. Continue to be aware of your breathing and every sensation in your body as you walk.



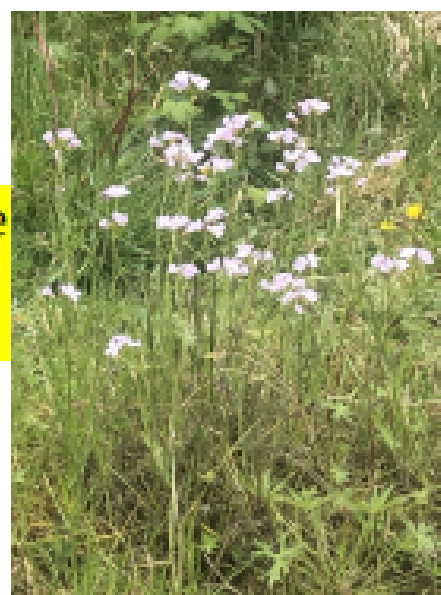




Breathe in and out slowly being aware of your chest rising in and out



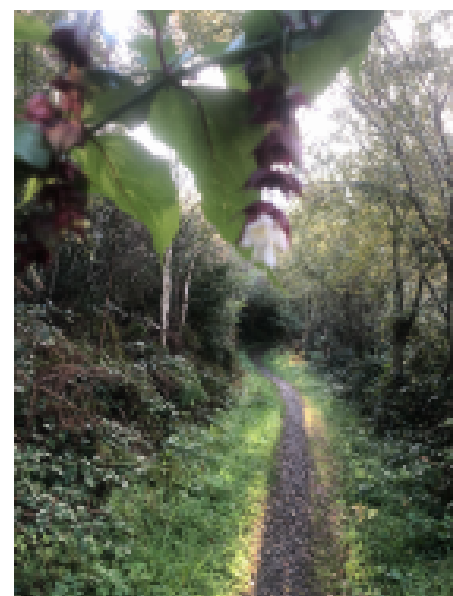
Become aware of the colours and shapes around you



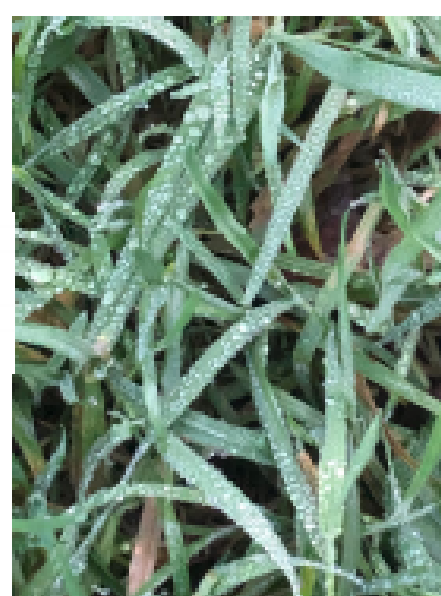
Relax your body, your face, your shoulders, your arms, your legs before you start your walk



Listen to the sounds around you



Breathe slowly, count upto four with each breath in and out



Become aware of the smells around you





## Sitting Exercises

These gentle sitting exercises will help improve your mobility and prevent falls. For these exercises, a solid, stable chair without wheels should be chosen. While carrying out these exercises, you should be able to place your feet flat on the floor, bending your knees at right angles. Avoid chairs with arms, as these will restrict your movements. Wear loose, comfortable clothing and keep some water handy. Build up slowly and aim to gradually increase the repetitions of each exercise over time. Try to do these exercises at least twice a week. Further exercises, which are similar to the ones shown below, can be found at [www.hse.ie](http://www.hse.ie)

### Upper-Body Twist



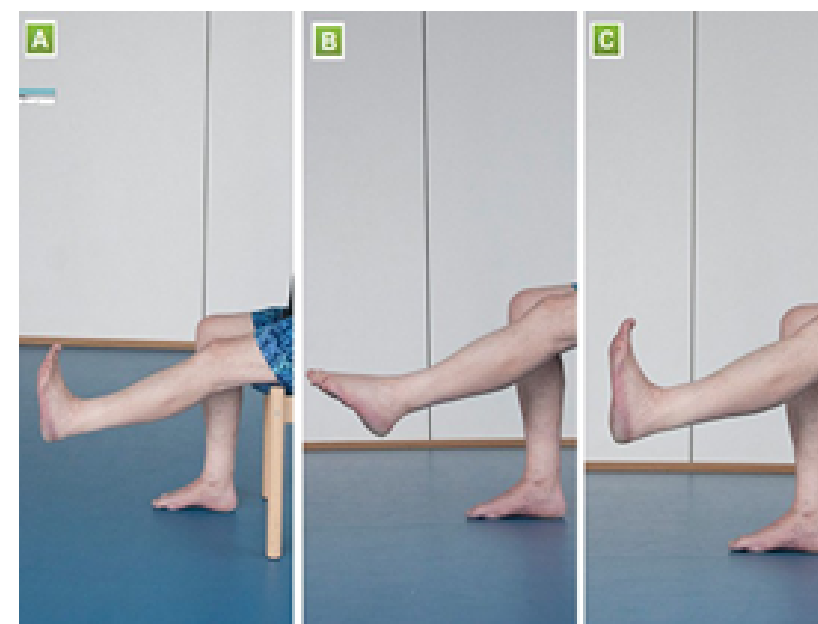
1. Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.
  2. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.
  3. Repeat on the right side.
- Do 5 times on each side.

### Chest Stretch



1. Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.
2. Gently push your chest forward and up until you feel a stretch across your chest. Hold for 5 to 10 seconds and repeat 5 times.

### Ankle Stretch



1. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.
2. With your leg straight and raised, point your toes away from you..
3. Point your toes back towards you. Try 2 sets of 5 stretches with each foot.

### Hip Marching



1. Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.
2. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.
3. Repeat with the opposite leg. Do 5 lifts with each leg.

### Arm Raises



1. Sit upright with your arms by your sides.
  2. With palms forwards, rise both arms out and to the side, and as far as is comfortable.
  3. Return to the starting position.
- Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat 5 times.

<https://www2.hse.ie/wellbeing/exercising-indoors/sitting-exercises.html>





## **Autumn**

Oh to a beautiful Autumn day,  
As I walk down my street,  
I hear the crunch of the fallen leaves,  
Under my feet and as I look down and I  
Can see all the different shapes of each fallen leaf,  
The sun hits the leaves and the colours are unreal,  
Beautiful burnt oranges and yellows and greens,  
And I think to myself how happy can one be,  
As some people pass by without taking it in,  
To stop and look up at the dance of colours on the trees,  
As the wind makes the leaves shake to make different shapes,  
All these things we take for granted we are so busy in our lives,  
To see how fortunate we are to be alive to see this beautiful splendour of colour,  
On this beautiful Autumnal day to see the beauty of autumn dress before the winter begins,  
With its chilly winds and storms of course,  
Jack Frost with his icicles and frozen lakes and toes,  
And then comes winter with its blanket of snow and  
I say to myself it's good to get out and to enjoy  
the colourful show that autumn has given for all to see.

*by Geraldine Minogue*



## Making Memories

It is easy to assume that we know everything about our parents or grandparents and that we have already heard all their stories. The truth is that many of us don't ask our elders nearly enough about their lives, especially as they get older. There is no better way to become closer to a person, even if you've known them since you were born.

This activity encourages you to interview an older relative, friend or neighbour. You can write their answers in a special notebook, make a scrapbook and include their answers along with some photographs and other mementos or you can record their interview on your smart phone. Whichever way you decide to do it you will be making last memories that you can treasure forever

### Suggested Questions

What was the happiest moment of your life?

What are you most proud of?

What are the most important lessons you've learned in life?

What was school like when you were a child?

Who were your friends when you were growing up?

What was your favorite thing to do for fun (hobbies, beach, etc.)?



*by Mary Moynihan*



# Friendship Tree



Catherine showing her Friendship Tree at the CWELL 1st Year Exhibition in the Hunt Museum December 2019

## Simple step by step instructions

1. For the trunk using cardboard from a cereal box, cut out in the shape you would like to use for the trunk.
2. To make cardboard stronger, cover it in masking tape, do 3 layers roughly.
3. I painted mine with paint I already had in the shed, or you could use a brown or grey marker.
4. Bought a frame from Mr Price 10X8 to put the tree into.
5. From my front garden I picked some leaves/flowers from a tree and stuck them onto the paper that I had placed inside the frame.
6. I googled and drew an easy caterpillar at the foot of the tree and coloured him in green and added some glitter for colour.
7. I also bought a packet of 2D paper butterflies (all different colours) from Mr Price and added 2 to my picture, one in the middle and a bigger one on top to show growth from caterpillar into an adult butterfly.
8. I then added all the names of everyone in our class and stuck them on with Prittstick.
9. Last but not least I put the frame back together making sure everything was in place.

*"The Friendship Tree signifies our growth in the classroom and how we have all grown since we started this course. The butterfly signifies how much we are flourishing at the moment." Catherine Kinnane*



# How to build a bee garden

Plant flowers that produce nectar and pollen.  
The best time of year to plant is between May & September  
Use window boxes and raised flower beds. Leave your garden a little wild; bees love weeds.  
Get involved with the All Ireland Pollinator Plan at [www.pollinators.biodiversityireland.ie](http://www.pollinators.biodiversityireland.ie)



# Amanda's Bee Garden



## BEE-AUTIFUL FLOWERS

What Flowers do Bees Like?



Bluebells



Sunflowers



Daffodils



Chives



Rosemary



Fuchsia

Some plants are more than pretty. Chives and rosemary can



*I love wild flowers, they are flowers that will not be tamed, fenced in, they are rebels & dreamers. The beautiful colours attract the buzzing bees. Bees and wild flowers have a harmonious relationship, bees are nourished with nectar and the flowers get to spread their pollen which ensures that they grow again the following year.*  
Amanda Clifford





# Transformation – the Freedom to Fly



This piece symbolises how the butterfly has grown from a caterpillar into this beautiful colourful creature. *“Just when the butterfly thought its life was over, it started to fly”*.

In other words, in relation to a person, you could think everything is going wrong for you at the moment, but it won't always be like this.

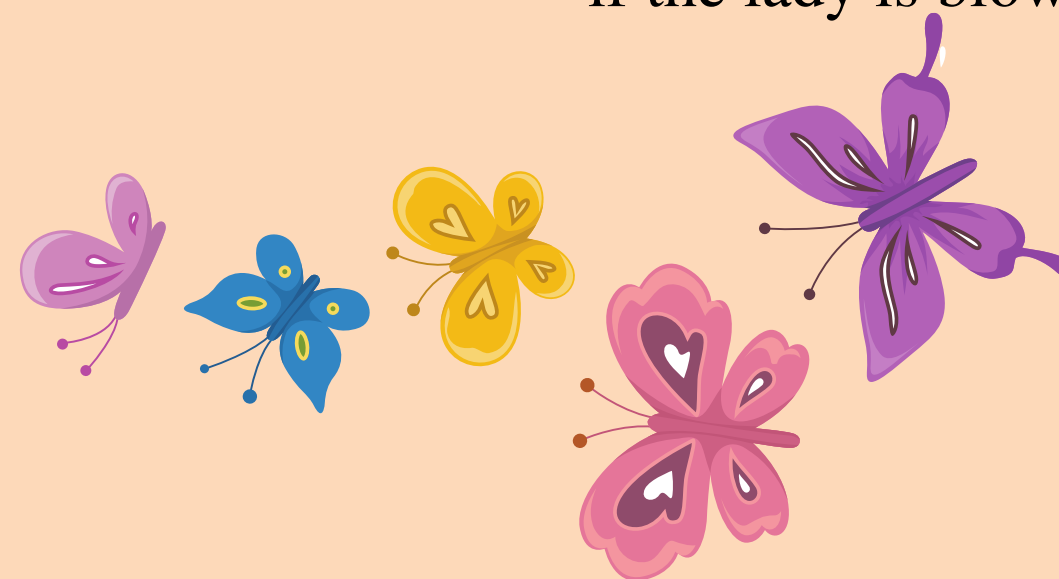
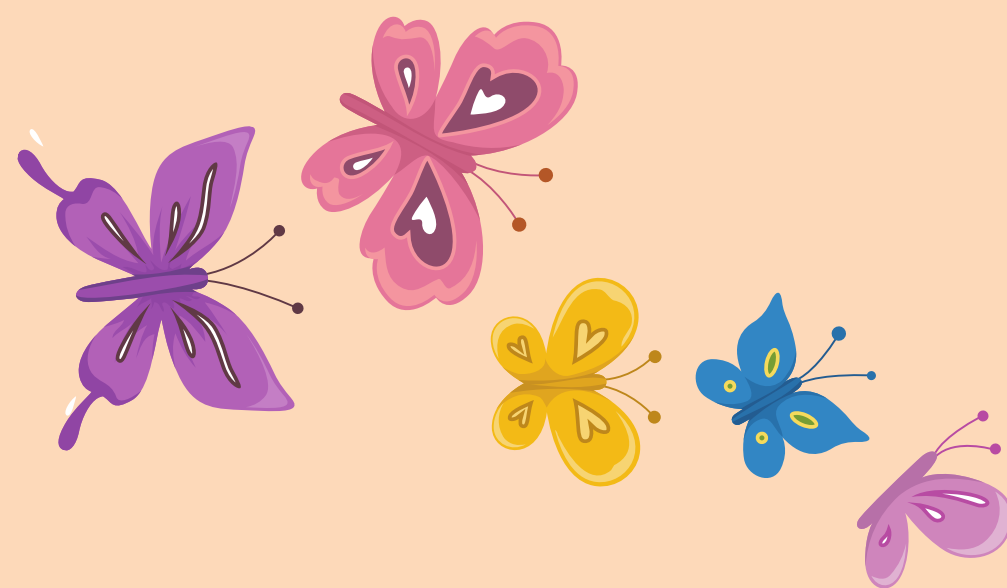
This is part of the reason why I am learning about leadership as well. This is all part of one's journey. Once you can fly, you bloom and can do anything.

## What you needed to make this picture:

- Blank canvas/sheet of paper (white)
- Blank sheet of paper to trace upper part of lady (cream/yellow)
- Green marker/colouring pencil/twistable
- Packet of foam flower stickers
- Packet of 3D butterflies
- Pencil/glue

## How to make

- Print out picture of lady and trace on to page in pencil and glue onto canvas
- Colour in lady's top
- Place flower stickers along the line tracing of her skirt; scatter the rest of the flowers around inside the skirt.
- Place butterfly stickers on top half of picture as if the lady is blowing or letting the butterflies go





# Learning to Reflect

## Vision boards



A vision board is a collection of images - drawings, photographs and positive quotes that together represent a persons hopes, dreams and aspirations.

A Vision Board stimulates the creative part of our brain ~ Sparking our imagination, our motivation, reminding ourselves of our hopes & dreams. We encourage you to create your own vision board images that inspire you and make you happy



*Images & Text by Amanda Clifford*



# The Power of Words

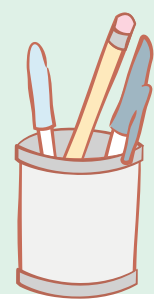
## Journaling

Did you know that journaling can improve your mood. It helps you to express your feelings in a safe way.

Starting a journal is really easy. Simply get a notebook and write. You can write about your day or the thoughts you have right now. You could even start a gratitude or art journal.

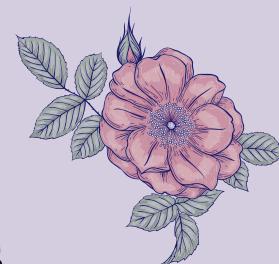
A journaling practice means you write regularly. This might be everyday, but it doesn't have to be. Your practice should suit you.

If you are having difficulty thinking about what to write, we have created some writing prompts to get you started.



By Shannon Sweeney

## Writing Prompts



- My home is....
- I love...
- My [pet] always...
- One day I will...
- I once went on this trip...
- Next year...
- Today I feel...



- I am...
- I wish...

Let's  
Start a Story.



Story telling is a creative way to make a connection. Use the words below to help you start your story.

Girl, warm, sunny, day, Summer, Daddy, Grandad, Grandma,  
Picnic, meadow, water, sunshine, flowers, breeze, bees, butterflies,  
Colours, grasses, river, dog, animals, hills, trees, car, sandwiches, juice,  
Mammy, ball, rain, ants, wet, clothes, stones, fish, trip, rainbow,  
Birds, blanket, sun, going, down, enjoy, lovely, remember, child,

By Geraldine Minogue



# Limerick Pride and Passion

*Limerick people are known for the pride we  
have for our beautiful city and county and  
for our passion for Music, Art and Sport .*





# Thomondgate Nature Park Project

By Geraldine O' Dwyer



Limerick people are known for getting involved, whether it is in their local GAA, or rugby club, their local parish or school or with one of the hundreds of voluntary and community groups across the city and county.

One such person is Pat Murphy. Pat who has lived in the area for over 60 years has dedicated the last several years to the creation of a nature park in Thomondgate.

The proposed Thomondgate Nature Park will sit on the banks of the majestic River Shannon. This project is the brainchild of Pat Murphy, who has lived in the community for over 60 years. To gather information about the nature park, I decided to interview Pat Murphy and ask him a variety of questions about the proposed project and the passion he has for it

**Q: What do you see as the biggest challenge to the success of the project?**

A: The biggest challenge is to get the Limerick City and County Council to embrace the idea of doing something positive for nature.

**Q: What inspired you to do this project?**

A: What inspired me was my love of nature and the community where I live and to get people to connect with nature.

**Q: What would you like the project to achieve?**

A: I would love to achieve a place where young, old and the less abled can enjoy nature in a safe environment.

Hans Christian Anderson famously said: *“Just living is not enough. One must have sunshine, freedom and a little flower.”*

**Q: What can people do to help with getting this project off the ground?**

A: People can help by supporting and sharing the project on social media. We also want to get together by organising a guided walk from Donnelan’s Field to Westfields, taking the route along the river, do some bird watching and look out for wildlife, take in the beautiful scenery that is on our doorstep - More on this when current restrictions are lifted.

**Q: Who will benefit most from this project?**

A: Young people can benefit most by being educated about nature. Biodiversity recent studies have shown improved wellbeing to persons exposed to nature.



For more information regarding the Thomondgate Nature Park Project, please visit their Facebook page, “Thomondgate Nature Park Project.”



# The Milk Market in the Heart of the Community

By Laura Waters



The Milk Market is located in Mungret St, Limerick. No one knows for sure how long it has been there, but it was pre-1800. In 1852 the Limerick Trustees were set up to expand and manage the markets in Limerick. The Milk Market is the only one still going today.

You can anything from fruit, meats, cheeses, anything you can think of. The Milk Market has a very special place in my heart as I was brought up with it on my doorstep; the buzz on Saturday was great watching the stall holders getting set up for the day ahead. Watching it expand and grow over the years was always interesting.

In 1996 my Father took over the running of the Milk Market, which was great because you got to meet so many people from all over Ireland. Monday to Friday, there was a car park within the market, and on Saturdays, it was market day, so there was always something going on.

My Father ran the Milk Market until 2004, when the Market Trustees felt the need to redevelop the Milk Market as it needed updating. What they achieved was brilliant. There was a canopy put on it, and it became known as the “Big Top”. Having a canopy completely changed everything about the experience of the market, as you can imagine. It made the experience of the Milk Market even better because no matter the weather, you can go to the market – the food, everything was done perfectly.



Since then, the Milk Market has thrived and gone from strength to strength. Today the Milk Market is run by David Fitzgerald, and I can honestly say as someone living in the community of Watergate, seeing what he has achieved over the years has been excellent; even in these Covid times, he has kept the Milk Market going. For the people of Watergate and the people of Limerick, the Milk Market has been the heart of the community.



# A Passionate Supporter

By John Doyle

*“Passion is a powerful driving force. When you’re a passionate person, you wear your heart on your sleeve. Being a passionate person is challenging, sometimes heartbreakingly so. It means you lead with your heart, and you put it on the line more often than most. Being passionate means you have a taste for life and for everything that makes you feel like you’re living it to the fullest. If you’re not living with passion, you’re not alive at all. I love sport. In particular, I love hurling and rugby. Without a shadow of a doubt, and in the context of the above quote from Renata Gomez,”*

I would describe myself as a passionate supporter. Being a passionate supporter, I like nothing better than being in the company of like-minded people. Thankfully, I am fortunate to have a number of friends and family who share my passion (to varying degrees!) and who journey with me on the supporters’ pilgrimage.

On a more serious note, however, my over-exuberance has caused me to direct some comments at referees and their fellow officials over the years - comments which, on reflection, are a source of deep embarrassment. I accept that in the heat of battle, things are said impulsively. While no real hurt is intended, I have come to realise as I get older that words said in anger or frustration or disappointment can be hurtful, and cannot be unsaid, unfortunately.

Thankfully, this is one aspect of my passionate behaviour that I have curbed. Now when I feel the urge to vehemently “disagree” with the referee about a decision, I “politely” ask him or her to reflect on that decision. I kid you not!!



**No Greater Feeling!**

I believe I am invested one hundred per cent in being a supporter. The relationship with the team means everything to me. Like many other of my fellow supporters, I recognise that being this passionate puts me at a higher risk of heartbreaks than the ordinary “fan”. That being said, I would not trade being a supporter and all that that involves, for anything - in spite of the painful experiences of failure, shattered dreams, and deep disappointment. Being a passionate supporter means being fiercely loyal to what and whom you are supporting. This can leave you open to the accusation of not living in the real world. To illustrate this point, I start out every year, as the new season begins, believing that Limerick will win the All-Ireland and Munster the Heineken Cup. When my family (good-naturedly) ridicule me for this, I respond by saying that one year I will be right!

Thankfully, I was right on a number of occasions over the past sixty-three years of my life. Being fortunate enough to be present in Cardiff in 2006 and 2008 to watch Munster crowned as champions swiftly banished the demons of the heartbreaking losses experienced over the previous decade. Likewise, as I stood on Hill 16 in Croke Park in 2018 with my family and tens of thousands of Limerick supporters, I thought to myself: “What a feeling!” and watched Declan Hannon raise the Liam McCarthy cup - the first Limerick man to do so in 45 years.

The tears of joy running down my cheeks washed away the years of pain and heartache, which were the staple diet of the Limerick hurling supporter from 1973 to that day of days in September 2018. The numerous wins, trophies lifted, and sporting records broken from 2018 up to and including the great victory in the 2020 All-Ireland final has left a very sweet taste indeed in the mouth of the success-starved Limerick hurling supporter. Long may it be so!

As with all things, there are swings and roundabouts in the world of sport. On the one hand, this is a great time to be a Limerick hurling supporter. We know that it is difficult to stay on top for very long; nevertheless, we in Limerick will enjoy our moment in the sun - we have waited patiently and passionately long enough. On the other hand, however, the good times are thin on the ground for Munster supporters at the moment. The frustrating loss to Leinster in this season’s Pro 14 Final, closely followed by the heartbreaking loss to Toulouse in the European Champion’s Cup, have burst the “feel-good” bubble we had earlier in the season. However, we continue to believe.



Over the last year, circumstances have dictated that I cannot support my team in the same manner as I have heretofore. While the gates remain closed in stadiums such as Thomond Park or the Gaelic Grounds, I, like my fellow supporters, have had to settle for supporting my team from my armchair. While it has been a privilege to have had the opportunity to watch live sport, with all its accompanying benefits to mental wellbeing, during the Covid-19 pandemic,

I cannot wait to once again take my place on the terraces in the company of my friends and family. I am delighted to be part of a group of people who are every bit as passionate about being a supporter as I am. Like them, I will continue to put my heart and soul into supporting my team through thick and thin, whether it is in the green and white of Limerick or in the red of Munster. Being a supporter enriches my life and is a huge part of who I am. The various colours of victory and defeat, elation and deflation, ecstasy and agony all contribute a passionate canvass that I would not change for all the world.



**Limerick, you're a lady  
Your Shannon water's tears of joy have flown  
The beauty that surrounds you  
I take it with me love where e'er I go  
While waking in the arms of distant waters  
A new day finds me far away from home  
Then Limerick you're a lady  
The one true love that I have ever known**

**As children, you and I spend endless days of fun  
In winter snows and summer's golden sun  
We fished in silver streams, the fabric of my dreams  
Was fashioned by your loveliness, and so I had to say**

**Limerick, you're a lady  
Your Shannon water's tears of joy have flown  
The beauty that surrounds you  
I take it with me love where e'er I go  
While waking in the arms of distant waters  
A new day finds me far away from home  
Then Limerick you're a lady  
The one true love that I have ever known**

**A gift that time has made to travellers on their way  
Seeking out the beauty of our land  
A shrine where children pray, and bells ring out to say  
Thank God we're living just for you, the freedom of each day**

**Limerick, you're a lady  
Your Shannon water's tears of joy have flown  
The beauty that surrounds you  
I take it with me love where e'er I go  
While waking in the arms of distant waters  
A new day finds me far away from home  
Then Limerick you're a lady  
The one true love that I have ever known**

*Music and lyrics by Denis Allen*



# Follow Your Art

By Julieanne Hennelly

I'm Julianne Hennelly, and for the past 13 years, I've been working as a community artist, specialising in many disciplines.



## Calling

From a young age, I knew I wanted to 'do art' and that my path was in helping others. I've always been fascinated by human behaviour and acutely aware of the power of music and creativity to unite and uplift all souls.

## Spiritual

I'm from Mayo originally, but Limerick (and India) are my spiritual homes. I love it here. I went to art and music college in Limerick, but the best education has been integrating into the amazing community that has made me feel so welcome and accepted, not to mention the breathtaking scenery and historical sights. It's a very inspiring place to be.

## Lockdown Life

When lockdown hit, all my mental health work ceased as the arts were deemed non-essential. I took the opportunity to put myself outside my comfort zone and began connecting with people through live broadcasts on Facebook and building my YouTube channel. I balanced it with spending time in nature.

## Impact on Mental Health

The year began with tragedy as we lost our cousin to suicide, she was a few years older than me, and after a big fight, she lost her battle with recovery. Not long into lockdown, more devastation hit with the loss of 3 friends, artists who took their own lives. I had worked with them all, and within weeks of each other, they were gone.

## Social Harmonies

We were able to social distance under the shelter, the Garda walked by and smiled, never any trouble, was joined by local councillors, mental health care workers, people experiencing mental health challenges, musicians, children, teenagers, those experiencing homelessness, people living in direct provision, non-nationals and passers-by. Saturday became a lifeline of human connection for us as our collection of songs, confidence and trust grew. We mourned the loss of two of our senior participants,



## Droppin' Bombs

In November, I released a protest song called Droppin' Bombs, all thanks to an old friend Cillian O Dalaigh, who joined us and offered to record my music. His partner Naomi O Neil made the music video featuring Social Harmonies and is available on all social platforms. I'm currently recording an album that will be released this summer.

RIP Gerry and Eamon. I am forever thankful for the memories, stories, songs, photos and videos we have that keep them alive.

## Back to Work

September, I began working again with the Brothers of Charity online. Thanks to the amazing staff, we have sing songs every week, and everyone gets to connect from their homes with their family and careers.

I also got a post as a tutor with Local Creative Youth Partnership, Limerick and Clare Education and Training Board, working with children from disadvantaged backgrounds from Limerick City and County. I facilitate community arts workshops with adults too.

As Artist in Residence with Limerick Youth Service, we celebrated World Children's Day in November in the People's Park, where the children enjoyed yoga, ukulele, painting, photography and songwriting.

## World Children's Day

I have managed to transport my workshops online, which certainly has benefits, but there is nothing like the energy shared by sitting in a circle and face to face contact.

## Dreams 2021

I am the coordinator for Dreams Festival, launched in Bruff, Co. Limerick in 2019. A community arts celebration of the life of Dolores O Riordan.

This year we are dreaming big as the first weekend in September marks the 50th birthday of our beloved Star, whose art reached unimaginable success and has given hope to so many people from natives to fans worldwide. An arts collaboration, the weekend will honour Dolores' spirit, her local heritage and showcase the creativity of our youth, people with disabilities and artists, through a range of outdoor music events and exhibitions hosted by Limerick communities.

The event will be launched after Easter. If you would like to get involved, please contact me: [juliannehennellyart@gmail.com](mailto:juliannehennellyart@gmail.com)

*Curated by Mary Moynihan*





## Editorial Group

Amanda Clifford  
Catherine Kinnane  
Geraldine O' Dwyer  
Geraldine Minogue  
Jolene Curtin  
Laura Waters  
Mary Moynihan  
Maureen Power  
Shannon Sweeney



Special thanks to Milly, model,  
wellness practioner and CWELL  
Wellbeing Way mascot

A very special thank you to Tess Walsh and the staff and volunteers of the Southill After Schools Club for their participation in the CWELL community conversations which lead to this publication.

## Thanks also to:

Eileen Hoffler, Community Engagement Facilitator  
Dr. Orfhlaith Ni Bhriain, Knowledge for Change Mentor  
Dr. Maura Adshead, CWELL Course Director



## For your beautiful contributions

Clare Dollard  
John Doyle  
David Fitzgerald  
Julianne Hennelly  
Yvonne Madden  
Pat Murphy  
Mike Murphy

*A very special thank you to our families,  
friends and our communities for their  
support throughout the CWELL course*





Image taken at ABC for Mental Health's Candle Light Vigil to mark World Suicide Prevention Day