

## Schedule

- **Main Stage in Visitor Centre from 11am to 4pm**  
The Emerald Lakes Academy of Irish Dance & TTC Group
- **Guided tours of Belvedere**  
12 noon, 1pm, 2pm & 3pm Meet at Jealous Wall
- **Nature Walk – National Parks & Wildlife Ranger (NPWS)**  
1.30pm Meet at Jealous Wall
- **Westmeath Sports Partnership Fun Exercises**  
11.30am 12.30pm, 1.30pm, 2.30pm & 3.30pm—Meet Jealous Wall
- **Weaving stars tables**  
ongoing in Marquee
- **Information Village 11am to 4pm**

## Huge Thank you

- Belvedere House Gardens & Park
- The Emerald Lakes Academy of Irish Dance & TTC Group
- Westmeath Civil Defence
- Lidl Mullingar
- National Park & Wildlife Ranger
- Westmeath Star Weavers
- Westmeath Sports Partnership
- Westmeath County Council
- Westmeath Fire Services
- Information Village Stand Holders
- Everyone who assisted and helped in any way



## Health, Wellbeing & Arts Event

Saturday 7th May 2022

11am to 4pm

Belvedere House Gardens & Park  
Mullingar Co. Westmeath

### Westmeath - Weaving Communities of Courage Against Violence

The One Million Stars to End Violence Project is bringing local communities across Ireland together to take part in a creative project of support and solidarity with those who experience domestic violence.

[www.facebook.com/MullingarMHA](https://www.facebook.com/MullingarMHA)

[www.westmeathppn.ie](http://www.westmeathppn.ie)



## Westmeath - Weaving Communities of Courage Against Violence



The One Million Stars to End Violence Project is bringing local communities across Ireland together to take part in a creative project of support and solidarity with those who experience domestic violence.

One Million Stars to End Violence was originally established in 2012, in Queensland, Australia, by Maryann Pau Talia as a means of condemning violence and demonstrating solidarity. Since then the One Million Stars community has become global. Using the creative

art therapy of star weaving to rebuild trust amongst communities. The One Million Stars project in Westmeath is facilitated by Mullingar Mental Health Association and Mental Health Ireland and greatly supported by Westmeath PPN and Westmeath Age Friendly.

Connecting communities through the power of creativity and raise awareness to promote the values of social justice, that everyone deserves to be safe, no matter what economic, ethnic, social background you come from.

The stars signify light, hope and courage and although originally the main aim of the project was to raise Domestic Abuse awareness it became apparent that the stars have become imbued with different meanings; solidarity a light in the darkness for those experiencing dark and difficult times particularly the social isolation of lockdown. Solidarity against injustice, an activity that is cross cultural and cross-generational.

This Westmeath event gives pride of place to the creativity and solidarity of Westmeath groups and individuals who have worked for 2 years creating thousands of stars, which now are being created into Art installations. Staying connected as a community with a shared goal increases resilience and enables us as individuals to feel part of a wider cause, together we can make a difference. The stars raise domestic violence awareness and remind us that domestic abuse is everyone's business. The stars represent a symbolic gesture of support for those affected and a stance of solidarity against all forms of violence and abuse.

## Westmeath Star Weavers

- Athlone Community Mental Health Group
- Ashcroft Village Close Raharney Residents Group
- Ballinafid Multyfarnham Bunbrosna Active Retirement Association
- Ballinea/Brothenstown ICA
- Ballycomoye Mothers & Others
- Castlepollard ICA
- Collinstown/Fore ICA
- Fore Heritage & Amenity Group
- Horseleap/Streamstown ICA
- Longford/Westmeath Mental Health Residential Services
- Mullingar & District Soroptimists
- Mullingar Art Room
- Mullingar Community Adult Mental Health Services
- Mullingar ICA
- Mullingar Mental Health Association
- Mullingar Tidy Towns
- National Learning Network Mullingar
- Pick 'n' Mix – stars by many individual weavers
- Rosemount/Streamstown Wednesday/Thursday Club
- TEAM (Temporary Emergency Accommodation Midlands)
- TFI Local Link Longford Westmeath Roscommon
- Westmeath Comhairle na nÓg
- Westmeath ICA
- Westmeath Women's Shed - Mullingar Branch
- Mullingar Men's Shed – big star makers

## Information Stands

- Active Retirement Ireland
- Alzheimer Society of Ireland
- Community Gardai
- Emerald Lakes School of Dance
- Esker House Refuge
- GROW (Mental Health)
- Local Link Longford/Westmeath/Roscommon
- Mullingar Mental Health Association & Mental Health Ireland
- National Parks & Wildlife (NPW)
- Repair Acts
- Teach Fáilte T.E.A.M
- Westmeath Civil Defence
- Westmeath County Council Community Section
- Westmeath Comhairle na nÓg
- Westmeath Community Development
- Westmeath Fire Services
- Westmeath Library Services
- Westmeath Men's Shed
- Westmeath PPN
- Westmeath Sports Partnership
- Westmeath Support Services
- Youth Work Ireland Midlands