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Leas-Phriomhoide: Colm de Ris
Leas-Phriomhoide: Helen Ni Chonchubhair
Leas-Phriomhoide: Laura Ni Ghiolla Phádraig

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12th November 2024

TY Workshop - Acting for the Future

Dear Parent / Guardian,

On Monday, November 18th, Transition Year students will attend a performance called *Acting for the Future* run by Smashing Times Theatre and Film Company. This is a professional theatre performance that promotes positive mental health and suicide prevention. The project is run in association with the Samaritans, with assistance from a panel of advisors.

On this date, the company will also present a monologue 'A Day Out' from the highly acclaimed *Testimonies* by Mary Moynihan and Paul Kennedy. *Testimonies* is a professional theatre performance and consists of dramatic monologues adapted from the experiences of those who have lost loved ones to suicide and from the experiences of those who have been through a suicidal crisis and survived.

During the performance of 'A Day Out', the actor presents the story of the last day he spends with his friend who takes his own life and his subsequent struggles to make sense of his friend's actions. The performance is followed by a post-show discussion with a registered psychotherapist and invited guest speakers from the Samaritans. Audience members are invited to participate in the workshop and discuss the issues raised by the performances.

Due to the sensitive nature of the workshop, it is important to remember if your son/daughter has had a recent bereavement or has been affected by suicide, the themes can often be difficult for them. The support structure of the workshops allows for the difficult themes to be explored without the students being negatively affected by the discussion.

If you do not wish for your son/daughter to attend this workshop, please contact Ms. Doherty via email at info@abbeycommunitycollege.com before Thursday 14th November 2024 at 4.00pm.

It is extremely important that you take the time to read further material in relation to the workshop which can be found [here](#).

Warmest Regards,
Anne Marie Doherty
(TY Coordinator)