

## Other News

### Monday 7<sup>th</sup> October - Friday 18<sup>th</sup> October Framework Film Festival

Screening dates and times TBC:

- Evelyn (2018 Documentary)
- Fønix (2018 Drama)
- Melancholia (2011 Drama)
- Irene's Ghost (2018 Documentary).

🕒 TBC - See [www.frameworkha.org/MHAW19](http://www.frameworkha.org/MHAW19) for times

📍 Broadway Cinema, 14-18 Broad St, Nottingham NG1 3AL



### Friday 11<sup>th</sup> October and Saturday 20<sup>th</sup> October Waterway Wanderers

Join the Canal and River Trust for a guided walk on the Nottingham Beeston Canal. There is also a chance to hop on board one of the Nottingham Narrowboat projects boats. Limited places so please book through:

[enquiries.eastmidlands@canalrivertrust.org.uk](mailto:enquiries.eastmidlands@canalrivertrust.org.uk)

🕒 10am - 1pm

📍 Multiple locations - see [www.canalrivertrust.org.uk](http://www.canalrivertrust.org.uk)



### Friday 25<sup>th</sup> October Sobar Social

Come along, relax, reflect on the MHAW fortnight, and join in with the open mic session!

🕒 6pm - 9pm

📍 Café Sobar, 22 Friar Lane, Nottingham NG1 6DQ



← See 2019 programme.

## Nottingham's 27<sup>th</sup> MHA Weeks aim to be informative and friendly.

Mental Health Awareness Weeks (MHAW) was started in Nottingham by a small group of people with lived experience and carers in 1992, timed to include World Mental Health Day.

Thanks to the enthusiastic support of many individuals and organisations, it has grown from one week to two weeks and has become part of the local calendar.

### In memory of Gladys Bombek

In memory of Gladys whose commitment, dedication and drive led to the founding of the very first Mental Health Awareness Week in 1992.

She was always a powerful advocate of human rights and such a memorable character. We have lost a kind, strong woman who was a strong believer in the power of community and togetherness.

### MHAW Chair & Co-ordinator

Pam Abbott  
07976 549988

### Keep updated

To find out more information or to follow these events please visit: [www.mhaw.org.uk](http://www.mhaw.org.uk) or like us on Facebook: [@NMHAWs](https://www.facebook.com/@NMHAWs) to keep in the loop.



## 7<sup>th</sup> - 18<sup>th</sup> October 2019 Programme

Mental health issues can affect us all. These weeks aim to reduce stigma, ignorance, and promote greater understanding.

Take time for your mind.  
[www.mhaw.org.uk](http://www.mhaw.org.uk)

Kindly sponsored by



### Monday 7<sup>th</sup> October: Celebrating Company, Creativity and Compassion

Variety of activities during the day (Mon 7<sup>th</sup> - Thurs 10<sup>th</sup> and Mon 14<sup>th</sup> - Thurs 17<sup>th</sup>) **Tel:** 0115 945 5990 (Rachel) or 07427052616 (Vicki). Activities also available throughout the two weeks.

🕒 9am - 3pm

📍 Renew 37, 37 Abbey Rd, West Bridgford, Nottingham NG2 5NG

### Monday 7<sup>th</sup> October: Open Day

Music, poetry and stalls. **Tel:** 0115 925 2516 (Paul)

🕒 1pm - 4pm

📍 Middle Street Resource Centre, 74 Middle St, Beeston, Nottingham NG9 2AR

### Monday 7<sup>th</sup> October: Time to Talk - Launch Event for MHAW

Opened by His Honour, Judge Jonathan Teare, High Sheriff of Nottinghamshire, with Hussain Manawar and Jonny Benjamin. Tickets £6 (£3 unwaged) - free drink included.

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🕒 7pm - 9.30pm

📍 Nottingham Contemporary Art Gallery Theatre Space, Weekday Cross, Nottingham NG1 2GB

### Tuesday 8<sup>th</sup> October: Social Media - #onmymind

See website for all the details: [nottinghamcity.gov.uk/libraries](http://nottinghamcity.gov.uk/libraries)

🕒 5.30pm - 7.30pm

📍 Nottingham City Library, Angel Row, Nottingham NG1 6HP

### Wednesday 9<sup>th</sup> October: Open Day

Raffle, craft stalls, light refreshments. **Tel:** 0115 876 1155 (Mark)

🕒 11am - 3pm

📍 The Open Door Project, The Willows, Ambergate Rd, Beechdale, Nottingham NG8 3GD

### Wednesday 9<sup>th</sup> October: Insomnia

Maria Benjamin - Tickets £4 (students £2) available from: [events@fiveleaves.co.uk](mailto:events@fiveleaves.co.uk) - **Tel:** 0115 837 3097 (Ross)

🕒 5.30pm - 7.30pm

📍 Five Leaves Bookshop, 14A Long Row, Nottingham NG1 2DH

### Thursday 10<sup>th</sup> October: WMHD - Cream Teas

Raffle, drinks and cream teas. **Tel:** 0115 876 1115 (Mark)

🕒 1pm - 3pm

📍 Open Door, Mabon House Day Project, Meadows Way, Nottingham NG2 3DZ

### Saturday 12<sup>th</sup> October: Carnival MAD

For more information about this event please contact: [julietgosling@hotmail.com](mailto:julietgosling@hotmail.com)

🕒 9.30am - 4pm

📍 Institute of Mental Health, Jubilee Campus, University of Nottingham Innovation Park, Triumph Road, Nottingham NG7 2TU

### Sunday 13<sup>th</sup> October: Active Kindness

Church of England – Diocese of Southwell and Nottingham Mental Health Sunday. For Churches to focus on mental health and the needs of people and their carer's.

🕒 TBC - Visit: [www.mhaw.org.uk](http://www.mhaw.org.uk) for more details.

📍 Church of England, Southwell and Nottingham

### Tuesday 15<sup>th</sup> October: Football Tournament

**Tel:** 0115 844 3560 (Mikhail)

🕒 11am - 2pm

📍 NCHA, Astro turf Pitches, Forest Recreation Ground, Gregory Boulevard, Nottingham NG7 6LB

### Tuesday 15<sup>th</sup> October: Wellbeing Day

Food and People's Choir. **Tel:** 0115 934 8411 (Kerry)

🕒 1.30pm - 4pm

📍 NCVS - Nottingham Voluntary Action Centre, 7 Mansfield Road, Nottingham NG1 3FB

### Wednesday 16<sup>th</sup> October: Wellbeing Fair and a Celebration of the Life of Gladys Bombek

Stalls, music, tea and cake, including "Co-production Rhythms". Explore the energy of Drums and how the Power of Rhythm helps our Wellbeing and Happiness. Hosted by Nott's County's Football in the Community. **Tel:** 0115 955 7215 (Ian)

🕒 1.30pm - 4.30pm

📍 Portland Leisure Centre, Muskham St, Nottingham NG2 2HE

### Wednesday 16<sup>th</sup> October: Combatting Stigma around Mental Health

How you can support family, friends, and colleagues.

🕒 7pm - 8.30pm

📍 Nottingham Citizens Group, St Nics Church, 79 Maid Marian Way, Nottingham NG1 6AE

### Thursday 17<sup>th</sup> October: My Health; Planet Health

Short films, discussions and how our personal journeys can inform the way we respond to global challenges.

🕒 6pm - 8pm

📍 Emmanuel House, 53 - 61 Goose Gate, Nottingham NG1 1FE

### Thursday 17<sup>th</sup> October: "Does Mental Health Really Exist?"

Talk and discussion by Dr Theo Stickley. Food provided. Tickets £15 book using: [www.eventbrite.co.uk/e/does-mental-illness-really-exist-tickets-67487405647](http://www.eventbrite.co.uk/e/does-mental-illness-really-exist-tickets-67487405647)

🕒 7pm - 9pm

📍 THiNK Meeting Rooms & Art Gallery, Cobden Chambers, Nottingham NG1 2ED

### Friday 18<sup>th</sup> October: Open Door and Nature in Mind Fungi Walk

**Tel:** 0115 876 1115 (Mark)

🕒 10am

📍 Meet at the Lions, Market Square, Nottingham (or at Alexandra Lodge at 12pm)

### Friday 18<sup>th</sup> October: Menopause Café

Come along to a space to relax, talk, laugh and share experiences of the menopause. **Tel:** 07976 549988 (Pam)

🕒 2pm - 4pm

📍 Café Sobar, 22 Friar Lane, Nottingham NG1 6DQ

For additional details and other events that are not listed here, please visit: [www.mhaw.org.uk](http://www.mhaw.org.uk)