

- Nottingham's 26th MHA Weeks aim to be informative, fun & friendly.
- So, as our logo says, 'take time 4 your mind' and join in some of the events!

OTHER LOCAL NEWS

- **Create a wellbeing toolkit with Nottingham City Libraries:**
Workshops and activities to help better manage your wellbeing – better communication = better relationships; understanding triggers and techniques to better manage our wellbeing, as well as crafts and adult colouring to relax the mind!
See our website for all the details: www.nottinghamcity.gov.uk/libraries
- **Café Sobar Social 5.00pm start**
Saturday 27th October, Friar Lane, Nottingham. Come along, relax and reflect on this years MHAW's!

Mental Health Awareness Weeks (MHAW) was started in Nottingham by a small group of service users & carers in 1992, timed to include World Mental Health Day.

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

www.mhaw.org.uk

In memory of Rosemary Renouf, whose commitment, dedication and compassion ensured that Nottingham's MHAW's continued to flourish throughout the last 25 years. We have lost a wonderful friend who was a strong advocate for the power of community and togetherness.

MHAW Chair & Co-ordinator
Tel 07976 549988(Pam)



10th October 2018

Sponsors include:
The Mary Potter Trust
Notts Healthcare NHS Trust
Friends of Nottingham Mental Health
Archer Hampson



8th - 19th October 2018

NOTTINGHAM MENTAL HEALTH AWARENESS WEEKS

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

ALL WELCOME



Monday Oct 8th

***9-3pm Celebrating Company, Creativity and Compassion** at Renew 37, 37 Abbey Road, West Bridgford. Variety of activities throughout the day (Mon 8th – Thursday 11th; also Mon 15th – Thursday 18th) Tel 945 5990 (Rachel) or 07427052616 (Vicki)

***1-3pm "Being a Champion of Change"** Time to Change champions. Come along and share experiences and discuss strategies for challenging mental health stigma. Self Help UK, 21-23 Pelham Rd, Forest Fields Tel 07507 052755 (Martin) (also Mon 15th)

***1pm-3.30pm An introduction to Watercolour (£10)** West Bridgford Library, Bridgford Rd, NG2 6AT. Booking essential. Tel 8044363 or visit www.inspireculture.org.uk/learning

***2-8pm Mental Health Awareness Open Day. Music, poetry and stalls** at Beeston Resource Centre. Tel 925 2516 (Paul / Rob)

Tuesday Oct 9th

***1-3pm Looking after your child's mental health (free)** West Bridgford Library, Bridgford Rd, NG2 6AT. Booking essential. Tel 8044363 or visit www.inspireculture.org.uk/learning

Wednesday Oct 10th

***11-3pm (WMHD) Open Day** at The Willows, Beechdale Road NG8 3GD. Raffle, craft stalls, light refreshments. Tel 876 1155 (Shirley)

***7-10.30pm Mind Freedom Party** Bar, live music at Middle Street Resource Centre, Middle Street, Beeston. This event is supported by Middle Street Resource Centre. Tel 07788 230872 (Alex).

Thursday Oct 11th

***9.30-12.30 An introduction to Watercolour (£10)** 1-3pm Looking after your child's

mental health (free) Beeston Library, Foster Avenue, Beeston NG9 1AE. Booking essential. Tel 8044363 or visit www.inspireculture.org.uk/learning

***9.30-12.30 Looking after your child's mental health (free)** Arnold Library, 161, Front Street, Arnold

Nottingham Mental Health Awareness Weeks October 2018

NG5 7EE. Booking essential. Tel 8044363 or visit www.inspireculture.org.uk/learning

***2-4pm Drop In** hosted by Improving Lives. NCVS, Mansfield Road. Art, Reiki practitioner. Tel 934 8411 (Rachel)

***3-5pm "Being a Champion of Change"** Time to Change champions. Come along and share experiences and discuss strategies for challenging mental health stigma. Self Help UK, 21-23 Pelham Rd, Forest Fields Tel 07507 052755 (Martin) (also Thurs 18th)

Saturday Oct 13th

***9.30-4pm Carnival MAD** Institute of Mental Health, Triumph Road, Lenton, Nottm. For more info, contact julietgosing@hotmail.com

***9.30-11.30am Learning Disabilities – an understanding (£8)** Arnold Library, 161, Front Street, Arnold NG5 7EE. Booking essential. Tel 8044363 or visit www.inspireculture.org.uk/learning

Sunday Oct 14th

***Mental Health Awareness** The diocese of Southwell and Nottingham has dedicated this Sunday to mental health. The theme this year will be sharing

stories and many churches will be focussing on this. Why not come along and join in!

Tuesday 16th Oct

12.30 -1.30 Final of NCHA

Photography Competition, Pelham House Board Rm. 25, Clumber Ave, Sherwood Rise, Nottm NG5 1AG. Tel 844 3150

Wednesday 17th Oct

***1.30-4pm Wellbeing Fair and a Celebration of the Life of Rosemary Renouf** Portland Leisure Centre. Stalls, music, tea and cake, and much more, including Rhythm 4 Life drumming, explore the dynamic energy of rhythm to promote wellbeing (2-3pm) Hosted by Nott's County's Football in the Community. Tel 955 7215 (Ian)

Thursday 18th Oct

***1-3pm Cream Teas, raffle.** Open Door, Mabon House, Meadows Way, NG2 3DZ. Tel 876 1115

***3.30-4.30pm Free self care and resilience workshop** Harmless. 1, Beech Avenue, Nottm, NG7 7LJ

Friday 19th Oct

***2-4pm Menopause Café** at Sobar Café, Friar Lane. Hosted by Framework. Come along to a space to relax, talk, laugh, share and listen to each others experiences of the menopause. Tel 07976 549988 (Pam)

Visit our website for further details: www.mhaw.org.uk

