

## What's on and other news:

### Wednesday 2<sup>nd</sup> October:

#### Menopause Chat and Support Group

Come along to a space to relax, talk, laugh, share and listen to other's experiences of the menopause, aided by refreshments! Hosted by Framework.

🕒 11am – 2pm

📍 Val Roberts House, 25 Gregory Boulevard, Radford Nottingham. NG7 6NX

For more details contact Pam on [07976 549988](tel:07976549988)

### Friday 4<sup>th</sup> October:

#### Mental Health Café

Come along to a space to relax, talk, and generally have the time to take a breath! Complementary hot drink of your choice.

🕒 2 – 4pm

📍 Pudding Pantry 83, High Road, Beeston, Nottingham NG8 2LE

For more details contact Pam on [07976 549988](tel:07976549988)

Free Arts Council Funded creative self-care workbooks available at [www.thortify.co.uk](http://www.thortify.co.uk)

See [www.nottinghamcitylibraries.co.uk](http://www.nottinghamcitylibraries.co.uk) for information about the sessions and groups open to the public across our Library locations.

### Nottinghamshire Crisis Sanctuaries

Free walk-in service open from 6 – 11pm (7 days a week) to anyone 18 yrs and older living in Nottinghamshire. Support provided for people living with mental health concerns, as well as offering a listening ear.

🕒 4 – 11pm

📍 Nottingham Wellbeing Hub, 73 Houndsgate, Nottingham NG1 6BB

For more info visit [www.nottinghamshirecrisis sanctuaries.tv](http://www.nottinghamshirecrisis sanctuaries.tv) or call [0300 822 4100](tel:03008224100) between 4 – 11pm.

Please see our website [www.mhaw.org.uk](http://www.mhaw.org.uk) for additional information and any updates to the programme.

## Nottingham's 32<sup>nd</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.

Thank you to everyone who has been involved in Mental Health Awareness Weeks over the past 32 years. There has been fun, laughter, and a few tears! We have been given the opportunity to attend so many innovative and creative events that touched the lives of us all, and continue to do so...

Finally, we must never forget the wonderful friendships and connections that been forged in love and, at times, adversity. Without you all none of this would have been possible!

### In memory

In memory of Rosemary, Gladys and Glenis. Powerful advocates of human rights, as well as being fabulous human beings – their memories will live on!

### MHAW Chair & Co-ordinator

Pam Abbott  
[07976 549988](tel:07976549988)

### Keep updated

To find out more or to keep up to date with MHAW events please visit: [www.mhaw.org.uk](http://www.mhaw.org.uk) or like us on Facebook [@NMHAWs](https://www.facebook.com/NMHAWs).



7<sup>th</sup> - 18<sup>th</sup> October 2024  
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:

Wellbeing Ted Talks Poetry session

🕒 10am – 12pm 🕒 11am – 12pm 🕒 1.30 – 3pm

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

Contact Jo on [0115 9252516](tel:0115 9252516) for more details. (NB Our café is open from Monday to Friday from 9am – 4pm)

Struggling with your thoughts and feelings, we offer free, same day mental health support. For people living in or registered with a GP in Nottingham City. Wellness in Mind, Nottingham Wellbeing Hub, 73 Houndsgate, Nottingham NG1 6BB. Contact us on [0800561 0073](tel:0800561 0073) or [info@wellnessinmind.org](mailto:info@wellnessinmind.org). See also our website [www.wellnessinmind.org](http://www.wellnessinmind.org). Available Mon – Fri 9.30am – 4.30pm

### Tuesday 8<sup>th</sup> October:

Relate – Here for you

Drop in to chat to a professional from Relate and find out how counselling works, and how therapy might benefit you.

🕒 10am – 4.30pm

📍 Nottingham Central Library, 1 Carrington Street, Nottingham, NG1 7FH

Located in Broad Marsh Car Park. For tickets see [www.mhaw.org.uk](http://www.mhaw.org.uk)

**Creative Calm with Susan Kisner**

Guided art therapy session with a focus on drawing and relaxation.

🕒 10 – 11.30am

📍 Nottingham Central Library, 1 Carrington Street, Nottingham, NG1 7FH

Located in Broad Marsh Car Park. For tickets see [www.mhaw.org.uk](http://www.mhaw.org.uk)

**Coffee and Chat**

Join us for an informal get together in our Welcome Space. Catch up with others in a social setting. No need to book, just drop in!

🕒 10.30am-12.30pm

📍 Nottingham Women's Centre, 30 Chaucer Street, Nottingham NG1 5LP

Contact reception on [0115 9411475](tel:0115 9411475) for further info.

**Forget Me Notts hosted by Trent Bridge Community Trust.**

Stimulating activities for those living with dementia and their loved ones.

🕒 10.30am – 12pm

📍 Rushcliffe Leisure Centre, Rugby Road, West Bridgford, NG2 7HY

**Launch Event at the Central Library**

Marketplace with opportunity for information sharing and networking, find out about a range of services and support around the city and beyond!

🕒 1 – 4pm

📍 Nottingham Central Library, 1 Carrington Street, Nottingham, NG1 7FH

Located in Broad Marsh Car Park. For more info Pam [07976 549988](tel:07976 549988)

**How to Practice Safe Stress**

A seminar on how men and women cope with stress differently, with Dr Rani Thanacoody, Assistant Professor in Human Resources Management at the University of Nottingham.

🕒 2 – 3pm

📍 Nottingham Central Library, 1 Carrington Street, Nottingham, NG1 7FH

Located in Broad Marsh Car Park. For more info and to find out if you need to book see [www.nottinghamcitylibraries.co.uk/MHAW2024](http://www.nottinghamcitylibraries.co.uk/MHAW2024)

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

Craft & Social Group - music appreciation

🕒 10.30am – 12pm

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

Contact Jo on [0115 9252516](tel:0115 9252516) for more details.

### Thursday 10<sup>th</sup> October:

Wollaton Walled Garden Project invites you to an open day

Look round our fabulous walled garden and see the progress we've made at restoring walls and maintaining the gardens and grounds. Bring your ideas and enthusiasm! Refreshments available.

🕒 10.30am – 4pm

📍 Wollaton Park, Wollaton Road, Nottm NG8 2AE

Situated at Wollaton Park (access through Mr Mans car park). For more info, please see [www.mhaw.org.uk](http://www.mhaw.org.uk)

**Notts in Mind hosted by Trent Bridge Community Trust**

Using sport to boost mental well-being.

🕒 10.30am – 12pm

📍 Cotgrave Leisure Centre, Woodview, Cotgrave, Nottingham NG12 3PJ

**Advocacy Monthly Pop up Drop In**

(for people who access Framework Services) hosted by SEA (Service User Advocacy and Empowerment)

🕒 10am – 12pm

📍 Val Roberts House, 25 Gregory Boulevard, Radford, Nottingham NG7 6NX

**Crafty Club**

Join in with some of the craft projects on offer in an informal and friendly environment, chat, have a coffee and meet new people!

🕒 1 – 3pm

📍 Nottingham Women's Centre, 30 Chaucer Street, Nottingham NG1 5LP

Contact reception on [0115 9411475](tel:0115 9411475) for further info.

### Friday 11<sup>th</sup> October:

**Navigating the UK's Suicide Crisis (also 18<sup>th</sup> October)**

Join Chris from With-you Consultancy and Steve from Tough to Talk who lead conversations about this subject, suggest ways to recognise suicidal thoughts and offer some valuable practical tools which can help.

🕒 10.30am – 12pm

📍 Online

Sign up here [www.mhaw.org.uk](http://www.mhaw.org.uk) for one of our 4 one-hour online events, hosted on Teams. Find out more about our organisations at [www.with-you.co.uk](http://www.with-you.co.uk) and [www.toughtotalk.com](http://www.toughtotalk.com)

**Music Jam**

🕒 12pm

**Creative Writing**

🕒 1pm

**Craft and Social**

🕒 1.30 – 3pm

(also 18<sup>th</sup> October)

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

Contact Jo on [0115 9252516](tel:0115 9252516) for more details.

**Forget Me Notts hosted by Trent Bridge Community Trust**

Stimulating activities for those living with dementia and their loved ones.

🕒 10.30am – 12pm

📍 Edwalton Golf Club, Wellin Lane, Nottingham NG12 3AS

### Wednesday 16<sup>th</sup> October:

Relate – Here for you

Drop in to chat to a professional from Relate and find out how counselling works, and how therapy might benefit you.

🕒 10am – 4.30pm

📍 Nottingham Central Library, 1 Carrington Street, Nottingham NG1 7FH

Located in Broad Marsh Car Park. For tickets see [www.mhaw.org.uk](http://www.mhaw.org.uk)

**Bingo and Bakes**

Improving Lives event.

🕒 2 – 4pm

📍 ICC, 61b Mansfield Road NG1 3FN

### Thursday 17<sup>th</sup> October:

**Open event and pool competition**

All welcome for an afternoon of fun and connection

🕒 12 – 4pm

📍 Hughendon Lodge, Blyth Street, Ranson Road, Nottingham

For more info contact Sue on [0115 8504937](tel:0115 8504937)

**Crafty Club**

Come and join in with some of the craft projects on offer in an informal and friendly environment, chat, have a coffee and meet new people!

🕒 1 – 3pm

📍 Nottingham Women's Centre, 30 Chaucer Street, Nottingham NG1 5LP

Contact reception on [0115 9411475](tel:0115 9411475) for further info

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

**Advocacy Monthly Pop up Drop In**

(for people who access Framework Services) hosted by SEA (Service User Advocacy and Empowerment)

🕒 1.30 – 3pm

📍 Nottingham Wellbeing Hub, 73 Houndsgate, Nottingham NG1 6BB

Contact us on [08000 197828](tel:08000 197828)

### Saturday 19<sup>th</sup> October:

**Music at the Organ Grinder**

Join in with a celebration of MHAW's! With Russell and Sarah Marsden.

🕒 7pm till late

📍 21 Alfreton Road, Radford, Nottingham NG3 3J

Contact [0115 970 0630](tel:0115 970 0630) for more details