

- **Nottingham's 24th Anniversary MHA Weeks aim to be informative & friendly.**
- **So, as our logo says, 'take time 4 your mind' and join in some of the events!**

OTHER LOCAL NEWS

- **New Mental Health Group** at Arnold Methodist Church, 54 Front St on Fridays 11-2pm. ☎ 07514 775514 (Sue)
- **Nature, Wellbeing and Spirituality Forum** with Nature in Mind and Woodland Trust at Highbury Hospital, Bulwell, Tuesday 13 September, 2-4pm. ☎ 854 2289 ext 12089 (Katja)
- **Carers Council Open Meeting/AGM** with Buffet. Speaker Paul Sanguinazzi from Notts HC Trust at Mechanics, 3 North Sherwood St. Wed 21 September, 1-4pm. ☎ 01773 776739 (Sandra). To confirm attendance ☎ 963 1916 (Geoff)
- **Policing and Mental Health in Notts.** Sergeant Anthony Horsnal. Open meeting, Nottm Rethink group at Mechanics, 3 North Sherwood St. Thurs Oct 27, 6.30 for 7pm. ☎ 07902 534106 (John)

Mental Health Awareness Weeks (MHAW) was started in Nottingham by a small group of service users & carers in 1993, 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

1 in 3 people over 65 will be affected by dementia to the distress of family & friends, with loss of memory & confusion. This is portrayed vividly in the film "Iris" showing Iris Murdoch, the famous novelist, struggling with dementia in later life.

www.alzheimers.org.uk



10th October 2016

MHAW Chair/Events Link
pam.abbott@frameworkha.org (Pam)
 MHAW Publicity Link/Funding
rosemaryrenouf@yahoo.co.uk (Rosemary)
 MHAW Admin Support (Diane)

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



10th - 21st October 2016

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



Saturday Oct 8th

*10-12 **Unwind Your Mind**
Wellbeing activities at West
Bridford Library.
☎ 981 6506 (Sue)

Thursday Oct 13th

*9.30-12.00 **Wellness in Mind**
(WIM) Drop In. Carlton Rd Family
Medical Centre. Also
2-4pm Southglade Access Centre

Tuesday Oct 18th

*2-4pm **Pic-Me-Up with Penny & Pam**
meet and end at Sobar, Friar Lane,
Nottm. ☎ 07973 674803 (Pam)
*6-9pm **Mind Freedom Party** live
music and 'do a turn' Sobar, Friar
Lane, ☎ 07930 648785 (Jason)

Monday Oct 10th World Mental Health Day

*12-3pm **Celebrating BME**
Mental Health Awareness
hosted by Awaaz &
Opportunity Nottingham.
Indian Community Centre,
Lunch 12-2pm. Please confirm
by Oct 6. ☎ 924 5555 (Angela)
*3pm **Mezz bar, Broadway**
Cinema, Broad St. Drinks &
networking

*4pm **'Wellness in Mind'** Short
film. Main film 'Little Miss
Sunshine' hosted by Framework.
Free event.

☎ 952 6611 (box office) See
Broadway October brochure &
www.mhaw.org.uk

*7-9pm **Sherwood Chorus** Informal
singing group. Methodist Church,
Devon Drive, Sherwood. Open
invite. (also Mon 17)

robert.gach@nottingham.ac.uk
*10-14 Oct **Third Every Colleague**
Matters Event "Mental Health &
Wellbeing in Nottingham:"

Working Together to Make a
Difference. At Loxley House
Station St. Nottm. For more details
& to book ☎ 876 4820 (Lisa) or
www.nottinghamcity.gov.uk

Wednesday Oct 12th

*11-1pm **Support 5 a-side Football**
with Icelandic visitors. Hosted by
Notts County Football in the
Community. Power League, Thane
Rd, Lenton Lane Industrial Est.
☎ 955 7215 (Ian)

***Food & Mood** with Nature in
Mind (NIM) The Burrow, 40, Forest
Rd West ☎ 970 9591 (Gabi)

Nottingham Mental Health Awareness Weeks October 2016

Wednesday Oct 19th

*9.30am **Notts Healthcare Trust**
NICE Conference Keeping well,
self help & prevention with
Prof David Haslam Trent
Vineyard. To book ☎ 969 1300
ext 11221 (Pauline)
*11-3pm **Open Day** hosted by
Open Door Project. The
Willows, Ambergate Rd,
Beechdale. NG83GD. Art
activities, raffle & refreshments.
☎ 876 1155 (Alison)

*6pm **Recent Research about**
Recovery Prof Mike Slade
Middle St Resource Centre, Beeston.
☎ 925 2516 (Rob)

Drop In, Bestwood. ☎ 970 9567
ext 3267 (Anna) (also Oct 20)

Friday Oct 14th

*10-6pm **Middle St Resource**
Centre Open Day 74, Middle St,
Beeston. Stalls, poetry, music &
refreshments. ☎ 925 2516
(Rob/Paul)

Saturday Oct 15th

*9.30am-4pm **Carnival MAD 16**
with mayhem & merriment!
Institute of Mental Health,
Triumph Rd, Lenton NG7 2TU. To
book or find out more
carolineopenfutures@yahoo.com;
julie@makingwaves.org

*1-5pm **'Autumn Almanac'**
Music event by Beeston Oxjam
& **Mindset** Middle St Resource
Centre. Refreshments available.
☎ 925 2516 (Rob)

Monday Oct 17th

*1-4pm **Tea & Cake Wellness in**
Mind. 21, Clarendon St. All
welcome. ☎ 970 9567 ext 3627
(Anna)

Friday Oct 21st

*11am-3pm **Volunteer &**
Employment Fair at Nottingham CVS,
7 Mansfield Rd. ☎ 956 0802 (Sangita)
*11.45-3.30pm **Walkabout & Looking**
at Fungi! Open Door & Nature in
Mind. Meet at Alexandra Lodge
(Rangers Office) in Bestwood Country
Park. ☎ 876 1155 (Mark)

Plus

***Nottingham LGBT Event** Looking at
physical & mental health. Friday Oct
28, 5-8pm Antenna, Beck St, Nottm.
Email lgbt@nottinghamcity.gov.uk
***City Libraries Events** Publicity on
www.mhaw.org.uk & in Libraries.
***Look out for events in local**
churches see
www.southwell.anglican.org

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

