

- **Nottingham's 25th Anniversary**  
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

- **Nottingham City Libraries:** Enjoy a range of creative and therapeutic activities, full details at [www.mhaw.org](http://www.mhaw.org) and [www.nottinghamcity.gov.uk/whats-on-in-nottingham/](http://www.nottinghamcity.gov.uk/whats-on-in-nottingham/) (Laura)
- **10th Oct World Mental Health Day**  
"Speak Out" an evening of music, spoken word and entertainment focussed on personal experiences of mental health; smashing stigma and working towards a more positive you. Time to Change Notts, The Maze, Mansfield Rd, Free entry. (Roxie)
- **Check out [www.mhaw.org](http://www.mhaw.org)** for other events taking place during Nottingham Mental Health Awareness Weeks 2017

**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](http://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](http://www.alzheimers.org.uk)



10th October 2017

MHAW Chair/Events Link  
[pam.abbott@frameworkha.org](mailto:pam.abbott@frameworkha.org) (Pam)

MHAW Publicity Link/Funding  
[rosemaryrenouf@yahoo.co.uk](mailto:rosemaryrenouf@yahoo.co.uk) (Rosemary)

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



9th - 20th October 2017

# NOTTINGHAM MENTAL HEALTH AWARENESS WEEKS

*Nottingham's MHA Weeks is celebrating its 25th Anniversary - please come along and help us make the fortnight both informative and joyous!*

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

ALL WELCOME



Take  
Time

## Monday Oct 9th

\*11-7pm Open day at Beeston Resource Centre, followed by music performance early evening – various MindSet groups  
☎ 925 2516 (Paul/Rob)  
\*10-10.30am Communication Skills (CS); 11-11.30 CPR; 12-12.30 (CS); 1-1.30pm CPR (Taster sessions) Self Help UK 21-23 Pelham Road, Forest Fields. Meet in reception (Martin) ☎ 07507 052755 (also Tues 10th)

## Tuesday Oct 10th World Mental Health Day

\*11.30-2.30pm AWAAZ & Opportunity Nottm celebrating 25 years of MHAW's at Curry Lounge, 110, Parliament St. With Steve Plowright (launching "Journeys through the Mind") Book Angela Kandola info@awwaznottingham.org.uk ☎ 924 5555 Opportunity Nottm ☎ 850 4128  
\*2-4pm Mental Health&Wellbeing Forum West Bridgford Library ☎ 9816506 (Sue)

## Wednesday Oct 11th

\*11am-3pm Open Day at the Willows, Beechdale Rd NG8 3GD. Craft stalls, raffle, book stall, light refreshments. ☎ 8761 155 (Alison)  
\*8.30-close "Mind Freedom Party" Greyhound Pub, Beeston. Free entry, everyone welcome (Alex)

## Thursday Oct 12th

\*1-4pm "Live Well" Improving Lives, NCVS, Mansfield Rd, stalls, taster sessions, Peoples Choir and Streetwise Opera.  
☎ 934 8411 (Rachel)

## Saturday Oct 14th

\*9.30am-4pm Carnival MAD at Institute for Mental Health, Triumph Road, Lenton. For more info, contact julie@makingwaves.org.

## Wednesday Oct 18th

\*2-4.30pm Wellbeing Fair and Celebration of MHAW's 25 Years at Portland Leisure centre, Stalls, music, food, and much more! Hosted by Notts County's Football in the Community ☎ 955 7215 (Ian)

# Nottingham Mental Health Awareness Weeks October 2017

## Thursday Oct 19th

\*10-4pm 5 a side football tournament Forest rec ground football pitches. Contact Tom on ☎ 942 7147 for further info. Teams will need own kit!  
\*1-3pm Free cream teas, raffle and Name the Bear comp. Open Door, Mabon House, Meadows Way NG2 3DZ ☎ 8761 115  
\*7-8.30 Five Leaves Book Group "Norwegian Wood" by Haruki Murakami read the book and come along and discuss. 14A

Long Row Nottm. ☎ 837 3037 (Pippa)  
To book contact fiveleaves.bookshopevents@gmail.com

## Monday Oct 16th

\*1-5pm Music event by Beeston Oxjam and Mindset, Middle Street Resource Centre.  
☎ 925 2516 (Paul/Rob)

## Friday Oct 20th

\*11am-3pm "Fungi Foray" Open Door and NIM. Meet at Alexandra Lodge ☎ 876 1115 or 07949 185255 (Mark)

Check [www.mhaw.org.uk](http://www.mhaw.org.uk) for events hosted by Harmless.

## Monday Oct 16th

\*10.30-12pm Unwind with Words Special. West Bridgford Library, Bridgford Road. Booking advised. For adults ☎ 981 6506 (Sue)

\*1.30-3pm Renew 37 and Notts County Council Coproduction, 37, Abbey Road, West Bridgford. Social drop in, music, meditation & prayer. ☎ 945 5990 (Rachel)

\*5.30-8pm Open Dialogue "Chat and reminiscence" plus film and photo's - Beeston Resource Centre ☎ 925 2516 (Paul/Rob)

## Tuesday Oct 17th

\*5.30pm "Manchester by the Sea" film event hosted by Framework, Broadway Cinema. Some free tickets available. ☎ 952 6611 (box office)

Visit our website for further details:  
[www.mhaw.org.uk](http://www.mhaw.org.uk)