



5th - 10th October 2020
Programme

As we all know, mental health issues can affect us all. This week aims to reduce stigma and to promote greater understanding.

Take time for your mind.
www.mhaw.org.uk

Kindly sponsored by



Framework
For your future

ARCHER HAMPSON

Monday 5th October: Virtual Session

With Renew 37

🕒 4.30pm - 5.30pm

📍 Visit: www.mhaw.org.uk for the Zoom link

Monday 5th October: Hot Yoga Taster Session

Delivered by Devina

🕒 4.30pm - 5.30pm

📍 Visit: www.mhaw.org.uk for the Zoom link

Monday 5th October: Youth Mental Health Webinar

With Base 51 and Freedom Foundation UK

🕒 6pm

📍 Visit: www.mhaw.org.uk for the Zoom link

Monday 5th October: Launch of Virtual Gallery

Including an introduction and a Q&A session

🕒 6pm - 8pm

📍 Visit: www.mhaw.org.uk for the Zoom link

Monday 5th October: Covid-19 and Young People's Mental Health

Hosted by Nottingham Forest Community Trust, a webinar with representatives from Base 51, Freedom Foundation and Youth Mental Health First Aid looking at the impact of Covid-19 on young people's mental health and what can be done to support them.

🕒 6pm

📍 To register please email community@nottinghamforest.co.uk

Tuesday 6th October: Nottingham Time to Change Champions Together!

An open discussion on the challenges facing NTTC Champions. For NTTC Champions and those who are interested in being Champions. Contact sharan.jones@nottinghamcity.gov.uk for more details.

🕒 10am - 11am

📍 Contact Sharan for the Microsoft Teams link

Tuesday 6th October: Socially Distanced Walk

Bought to you by Improving Lives.
Contact **0115 934 4111** (Kerry)

🕒 2pm

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

Tuesday 6th October - Portraits of Isolation: Virtual Zoom Exhibition and Q&A

Framework are working in partnership with Andy Farr (artist), who has developed the 'Portraits of Isolation' exhibition in response to people's experiences during lockdown.

🕒 6.30pm - 7.30pm

📍 Visit: www.frameworkha.org/portraits-of-isolation

Wednesday 7th October: Hot Yoga Taster Session

Delivered by Devina

🕒 4.30pm - 5.30pm

📍 Visit: www.mhaw.org.uk for the Zoom link

Wednesday 7th October: Nature in Mind Walk

Small group walk around the city allotment (30/45mins at a time). The tours will be every 45 minutes starting at 10am with the last walk at 1.45pm.

10am, 10.45am, 11.30am, 12.15pm, 1pm and 1.45pm
Six tours with four people in each group.

To book a walk, contact Stamatia at Nature in Mind on **07966741714** or email natureinmind@frameworkha.org

🕒 10am - onwards

📍 City allotments

Wednesday 7th October: Online Quiz

Bought to you by Improving Lives.

Contact **0115 934 84111** (Kerry) for more details.

🕒 2pm

📍 Contact Kerry for the Zoom link

Thursday 8th October: Mental Health Book Group

Join in to share views about the book or film '**Girl, Interrupted**' by **Susanna Kaysen**. Free copies are available from libraries to loan, some also available to download. Group led by Helen.

Contact sharan.jones@nottinghamcity.gov.uk for further details.

🕒 3.30pm - 5pm

📍 Contact Sharan for the Microsoft Teams link

Thursday 8th October: Tricky Hub

Q&A session with a mental health professional

🕒 1.30pm - 4pm

📍 Visit: www.mhaw.org.uk for the Microsoft Teams link

Thursday 8th October: Mental Health Awareness and Stigma Awareness

The aim is to work towards Nottingham becoming a place where nobody is embarrassed to say they have a mental health challenge. Also, enabling people to respond in a supportive way towards others.

Please book a place on Eventbrite and a Zoom link will be sent for you to join.

🕒 7pm - 8.30pm

📍 Visit: www.eventbrite.co.uk/e/nottingham-citizens-mental-health-stigma-awareness-session-tickets-120521287415

Friday 9th October: Mental Health and Money Advice

Impact of money worries on mental health; where to seek advice in Nottingham. Group led by Emma.

Visit: www.mhaw.org.uk for more details

🕒 1.30pm - 4pm

📍 Visit: www.mhaw.org.uk for the Microsoft Teams link

Friday 9th October: Hot Yoga Taster Session

Delivered by Devina

🕒 4.30pm - 5.30pm

📍 Visit: www.mhaw.org.uk for the Zoom link

Other News

Tuesday 6th October - Portraits of Isolation: Virtual Exhibition and Q&A

Covid-19 is causing real anxiety across the UK and the rest of the world, negatively impacting our mental health. Being in a lockdown can be psychologically challenging and the isolation emotionally tough.

Framework are working in partnership with Andy Farr (artist), who has developed the 'Portraits of Isolation' exhibition in response to people's experiences during lockdown. The paintings include Framework staff and Service Users.

Andy has also been working in collaboration with 'With-you' Consultancy, founded by Marissa Lambert and Karen Machin, who have an established reputation in peer-based approaches.

Times and further details:

www.frameworkha.org/portraits-of-isolation



Yellow Dress
The pain and timelessness of isolation

See more at: www.andyfarr.com/portraits-of-isolation

Nottingham's 28th 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.

Covid-19

Due to the continuing changes and impact on our everyday life, we have decided to reduce MHAW's to a week just for this year. Please stay safe, and look out each other, and I hope to see you at some point during the week!

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 or like us on Facebook: [@NMHAWs](https://www.facebook.com/NMHAWs) to keep in the loop.