



11<sup>th</sup> - 22<sup>nd</sup> October 2021  
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



**Framework**  
For your future

**ARCHER HAMPSON**

### Monday 11<sup>th</sup> October: "On the Ball"

Football based activity for men aged between 18 - 55 years old to help reduce social isolation and to improve fitness and health. Brought to you by Notts County Foundation. **Tel: 0115 955 7215**

- 🕒 12 - 1pm
- 📍 Portland Leisure Centre, Muskham Street NG2 2HE

### Monday 11<sup>th</sup> October: Music and Poetry

Music, poetry and a café. **Tel: 0115 925 2516** (Lynda)

- 🕒 1 - 3pm
- 📍 Middle Street Resource Centre, 74 Middle Street NG9 2AR

### Tuesday 12<sup>th</sup> October: Allotment Tour

Nature in Mind walk around the St Ann's allotments. Tea will be available, made with herbs grown from the allotment. For more information contact: [natureinmind@frameworkha.org](mailto:natureinmind@frameworkha.org) or visit: [www.mhaw.org.uk](http://www.mhaw.org.uk) - Also happening on the 19<sup>th</sup> October.

- 🕒 11am - 1.30pm
- 📍 St Ann's allotments, Ransom Road, Nottingham NG3 3LH

### Tuesday 12<sup>th</sup> October: The Bookcase Presents...Author Talk

The Victorian asylums were designed to protect vulnerable people but soon descended into the indignities of batch bathing, communal clothing and tea served with the milk and sugar already added to the pot. Nottinghamshire author, Anne Goodwin, a former clinical psychologist, discusses her humorous and heart-breaking novel, 'Matilda Windsor Is Coming Home' in the context of asylum history and the 'delusions' that help us heal.

Call: **0115 966 3219** for tickets. Full price £6/concessions £5

- 🕒 2 - 3.30pm
- 📍 50 Main Street, Lowdham NG14 7BE

### Tuesday 12<sup>th</sup> October: Yoga

Yoga with Helen. Hosted by Zoom, go to: <https://snugg.simplybook.it/v2/> for the link. Also happening on 19<sup>th</sup> October.

- 🕒 From 8pm
- 📍 On Zoom

### Wednesday 13<sup>th</sup> October: The Brave Project

A talking group for women who are, or have been, experiencing emotional problems or mental distress. Please email Ray Cole for more information: [braving20@gmail.com](mailto:braving20@gmail.com) - Also happening on 20<sup>th</sup> October.

- 🕒 1 - 2pm
- 📍 TBC

### Wednesday 13<sup>th</sup> October: Right Mind - Inspiring Women of all ages

Free six months physical activity and social session (netball, basketball, yoga, walks, table tennis, and many more). **Tel: 0115 955 7215** - Also happening on the 20<sup>th</sup> October.

- 🕒 10 - 11.30am
- 📍 Portland Leisure Centre, Muskham Street NG2 2HE

### Wednesday 13<sup>th</sup> October: "On the Ball"

Football based activity for men aged between 18 - 55 years old to help reduce social isolation and to improve fitness and health. Brought to you by Notts County Foundation. **Tel: 0115 955 7215**

- 🕒 12 - 1.30pm
- 📍 Portland Leisure Centre, Muskham Street NG2 2HE

### Thursday 14<sup>th</sup> October: Relaxation and Wellbeing Afternoon

Call Improving Lives for more information: **0115 934 8411**

- 🕒 From 1pm
- 📍 St John's Church, Carrington NG5 2DP

### Thursday 14<sup>th</sup> October: Goals for Life

From Notts County Foundation's Young People's Project - Physical activity, peer support and workshops for young people aged 11 - 18 years old.

- 🕒 4.30 - 6pm
- 📍 Portland Leisure Centre, Muskham Street NG2 2HE

### Monday 18<sup>th</sup> October: Virtual Workshop

The menopause and perimenopause hosted by Pamela Ann Windle. Please email for the Zoom link: [reception@nottinghamwomenscentre.com](mailto:reception@nottinghamwomenscentre.com) or call: **0115 941 1475** (Mon - Fri, 10 - 2pm)

- 🕒 6 - 7pm
- 📍 On Zoom

### Tuesday 19<sup>th</sup> October: With-you Taster Session: Peer Support and Wellbeing

With-you are best known for the authentic co-design of peer-based approaches. It's our passion! An opportunity to join us for a chat and share your unique insights and experiences around peer support and how we look after our wellbeing.

**Register you place:** [www.with-you.co.uk/news](http://www.with-you.co.uk/news)

- 🕒 10.30am - 12pm
- 📍 Join the session via Microsoft Teams

### Tuesday 19<sup>th</sup> October: Allotment Tour

Nature in Mind walk around the St Ann's allotments. Tea will be available, made with herbs grown from the allotment. For more information contact: [natureinmind@frameworkha.org](mailto:natureinmind@frameworkha.org) or visit: [www.mhaw.org.uk](http://www.mhaw.org.uk)

- 🕒 11am - 1.30pm
- 📍 St Ann's allotments, Ransom Road, Nottingham NG3 3LH

### Tuesday 19<sup>th</sup> October: Yoga

Yoga with Helen. Hosted by Zoom, go to: <https://snugg.simplybook.it/v2/> for the link. Also happening on 19<sup>th</sup> October.

- 🕒 From 8pm
- 📍 On Zoom

### Wednesday 20<sup>th</sup> October: The Brave Project

A talking group for women who are, or have been, experiencing emotional problems or mental distress. Please email, Ray Cole for more information: [braving20@gmail.com](mailto:braving20@gmail.com)

- 🕒 1 - 2pm
- 📍 TBC

### Wednesday 20<sup>th</sup> October: Right Mind - Inspiring Women of all ages

Free six months physical activity and social session (netball, basketball, yoga, walks, table tennis, and many more). **Tel: 0115 955 7215**

- 🕒 10 - 11.30am
- 📍 Portland Leisure Centre, Muskham Street NG2 2HE

### Thursday 21<sup>st</sup> October: Goals for Life

From Notts County Foundation's Young People's Project - Physical activity, peer support and workshops for young people aged 11 - 18 years old.

- 🕒 4.30 - 6pm
- 📍 Portland Leisure Centre, Muskham Street NG2 2HE

### Friday 22<sup>nd</sup> October: Menopause Cafe

Come along to a space to relax, talk, laugh, share and listen to others experiences of the menopause. Hosted by Framework. **Tel: 07976549988** (Pam)

- 🕒 2 - 4pm
- 📍 Sobar Cafe, 22 Friar Lane, Nottingham NG1 6DQ

For additional details and other events that are not listed here, please visit: [www.mhaw.org.uk](http://www.mhaw.org.uk)

## Other News

Friday 1<sup>st</sup> October

### Ageing Well Day in the Old Market Square

Plenty of stalls including Health and Care services; How to stay active, fit and well; Arts and Culture offers; Dementia Awareness, plus many more. For more information, contact Age Friendly Nottingham by emailing: [healthandwellbeing@nottinghamcity.gov.uk](mailto:healthandwellbeing@nottinghamcity.gov.uk)

🕒 10am - 3pm

📍 Old Market Square, Nottingham City Centre



Visit 'Will Jukes' YouTube screening of poetry and music

Click me!

### Thortify: 'The Art of Self Care'

Synchronises art with social theory to promote empowered self-care. Join us online for arts activities, creative prompts and gentle reminders to practice a little self-care.

[www.thortify.mystrikingly.com](http://www.thortify.mystrikingly.com)

[thortify@gmail.com](mailto:thortify@gmail.com)

### Nottingham City Libraries

Programme to include live poetry/rap events and a special Storytime with Stacey plus more to be confirmed!

Information will be added to our website so keep an eye on [www.nottinghamcitylibraries.co.uk](http://www.nottinghamcitylibraries.co.uk) and our social media for all the details.



### Virtual Carers Roadshow

A marketplace of 58 video call stalls. Advice and support for all involved in the care sector for people from Nottingham and Nottinghamshire.

Click me!

Please scan the QR code for more information, or call Trevor on: [07905740639](tel:07905740639)

### Throughout October

Mental Health and Wellbeing Webinar Series – hosted by Nottingham Forest Community Trust and The Institute of Mental Health.

To receive full details of the webinar series and how to book, register your details here:

<https://nfct1.typeform.com/to/xSgleulo>

For additional information, please email:

[trickytotal@nottinghamforest.co.uk](mailto:trickytotal@nottinghamforest.co.uk)

Nottingham's 29<sup>th</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.

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.

## 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  
07976549988

## Keep updated

To find out more information or to follow these events please visit: [www.mhaw.org.uk](http://www.mhaw.org.uk) or like us on Facebook: [@NMHAWs](https://www.facebook.com/NMHAWs) to keep in the loop.