

What's on and other news:

Thursday 6th October: Nottingham Citizens Launch Event

For the Young People's manifesto. For final details on how to attend please see: www.mhaw.org.uk

Tel: **07376 009949** (Pete)

🕒 4.30 - 6pm

📍 Trent Vineyard, Unit 1, Easter Park Lenton Lane, NG7 2PX

Monday 10th October: Nottingham City Libraries

Nottingham City Libraries Programme to include the relaunch of Reading Well for Teens. More details will be added on the library website at: www.nottinghamcitylibraries.co.uk (keep an eye on their social media accounts too).

Friday 28th October: Sobar Social Event

Celebrate MHAW's 2022. Join us for a night of celebration from and for the recovery community. Free entry and fun at Sobar, Nottingham's premier alcohol free bar. Doors open at 6pm so don't miss out!

Tel: **0115 824 0364** (Jason)

🕒 6pm

📍 Café Sobar, 22 Friar lane, Nottm NG1 6DQ

Thortify

An arts council funded project promoting creative self care with activities, workbooks and more.

www.thortify.co.uk

See inside for the full programme

Nottingham's 30th 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 30 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

Keep updated

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



10th - 21st October 2022
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

Kindly sponsored by



Monday 10th October: With-you Taster sessions (1)

An introduction to including the definition and boundaries of the peer supporter role, language, and reflective practice (also see October 11th, 12th, & 13th). Please complete our online registration form on our website: <https://with-you.co.uk/news/966-with-you-taster-sessions-series-2022>

🕒 3 - 4.30pm

📍 Teams or Zoom

Monday 10th October: MHAW Launch event - hosted by Framework

Drinks and nibbles from 5pm in the Mezze Bar. At 5.35pm **Nadia Whittope MP** will launch MHAW 2022 with an opening speech, followed by a showing of Michael's story, a short film commissioned by Framework.

The main film will be The Fisher King (6pm) chosen because of its links between trauma, mental health, and homelessness. This is a pay what you can event.

For more info contact Broadway: **0115 952 6611** or Andy on: **07816 157382**

🕒 5pm

📍 Broadway Cinema, 14-18 Broad Street, Nottingham NG1 3AL

Tuesday 11th October: Notts in Mind Trent Bridge Community Trust

Our wellbeing project for men and women, come and have a cuppa and meet new people and improve your health and wellbeing.

See: www.trentbridge.co.uk/trust/who-we-are.html or contact Ian or Nigel on: **0115 982 3000** for further details, and to also check out other sessions.

🕒 1 - 2.30pm

📍 Melbourne Park, Melbourne Road, Aspley NG8 5HJ

Tuesday 11th October: With-you Taster sessions (2)

Wellbeing including taking care of ourselves and supporting other people. (See Oct 10th for details on how to register).

🕒 3 - 4.30pm

📍 Zoom or Teams

Wednesday 12th October: Green Space Team Conference

🕒 9.30am & 1pm

📍 See: www.mhaw.org.uk for details on how to join

Wednesday 12th October: Forget-Me-Notts Trent Bridge Community Trust

For people living with Dementia and their carers. See: www.trent-bridge.co.uk/trust/who-we-are.html or contact Ian or Nigel on: **0115 982 3000** (Also Oct 19th).

🕒 10.30 - 11am

📍 Melbourne Park, Melbourne Road, Aspley NG8 5HJ

Wednesday 12th October: Notts in Mind Men's Wellbeing Project Trent Bridge Community Trust

Come along to our small friendly group, have a cuppa and a chat.

See: www.trentbridge.co.uk/trust/who-we-are.html or contact Ian or Nigel on: **0115 982 3000**

🕒 1.30 - 3pm

📍 Cotgrave Leisure Centre, Woodview, Cotgrave NG12 3PJ

Wednesday 12th October: With-you Taster sessions (3)

Stigma and discrimination, including our personal boundaries of sharing our experiences. (See Oct 10th for details on how to register).

🕒 10am - 12pm

📍 Zoom or Teams

Thursday 13th October: With-you Taster sessions (4)

The context of our work setting, including making use of supervision. (See Oct 10th for details on how to register).

🕒 10.30am - 12pm

📍 Teams or Zoom

Thursday 13th October: Notts in Mind - Men's Football session - Trent Bridge Community Trust

See: www.trentbridge.co.uk/trust/who-we-are.html or contact Ian or Nigel on: **0115 982 3000**

🕒 11am - 12.30pm

📍 Rushcliffe Arena, Rugby Road, West Bridgford NG12 3PJ

Thursday 13th October: Joint Drop-in with Windmill Community Gardens and Growing Forward

Drop-in afternoon at Growing Forward and Windmill Community Gardens. Growing Forward supports people living with anxiety, depression and loneliness through gardening in small groups and one-to-one counselling.

Windmill Community Gardens is a community allotment hidden away in a green oasis in Bobbersmill where you can find out how to grow your own food in a changing climate. Take a tour of the gardens and find out how we use gardening to support wellbeing. Contact Vic on: **07394 049813** (please text only if possible).

🕒 1 - 4pm

📍 Windmill Community Gardens, Ascot Road, Nottingham NG8 5HD

Thursday 13th October: Afternoon Tea by Improving Lives

Call Improving Lives (Kerry) for more details on: **07500 111087**

🕒 2 - 4pm

📍 ICC 61B Mansfield Road, NG1 3FN

Friday 14th October: Music Jam

Come and join in as part of our 50th Anniversary celebrations! Contact Rob or Paul on: **0115 925 2516**

🕒 12 - 1.30pm

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

Monday 17th October: Poetry Group

Come and join in as part of our 50th Anniversary celebrations! Contact Rob or Paul on: **0115 925 2516**

🕒 1.30 - 3pm

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

Tuesday 19th October: Notts in Mind Trent Bridge Community Trust

Our wellbeing project for men and women. Come and have a cuppa and meet new people and improve your health and wellbeing See: www.trentbridge.co.uk/trust/who-we-are.html or contact Ian or Nigel on: **0115 982 3000**

🕒 1 - 2.30pm

📍 Melbourne Park, Melbourne Road Aspley NG8 5HJ

Wednesday 19th October: 30th Anniversary Celebrations event hosted by Bipolar lift

Come along and support 30 years of MHAW's. Opportunities for information sharing and networking in a beautiful riverside location. Beverages and cake for all! For more info contact Imran on: **07779 222313**

🕒 1 - 4pm

📍 Brewhouse and Kitchen, Trent Bridge, Nottm NG2 2GS

Thursday 20th October: Notts in Mind Trent Bridge Community Trust

Ladies wellbeing project, meet like-minded women in a relaxed friendly atmosphere. See: www.trentbridge.co.uk/trust/who-we-are.html or contact Ian or Nigel on: **0115 982 3000**

🕒 10.30 - 11.30am

📍 Cotgrave Leisure Centre, Woodview, Cotgrave NG12 3PJ

Thursday 20th October: Apple Day Nature in Mind and Ecoworks

For more information phone Nature in Mind on: **0115 970 9591** (ext 3291)

🕒 10.30am - 2pm

📍 St Ann's Allotments 121, Ransom Road, NG3 3LH

Friday 21st October: Menopause Cafe

Come along to a space to relax, talk, laugh, share stories, and listen to others experiences of the menopause. Contact Pam on: **07976 549988**

🕒 2 - 4pm

📍 Café Sobar, 22 Friar lane, Nottingham NG1 6DQ

Saturday 22nd October: Music, Poetry and Art

Come along and join in with a celebration of MHAW's! Contact Matt on: **0115 970 0630**

🕒 7pm - late

📍 The Organ Grinder 21, Alfreton Road, Radford, Nottingham NG7 3JE

Please visit: www.mhaw.org.uk for updates on the programme of events, including late additions!