

What's on and other news:

Best Food Forward

Best Foot Forward Age UK Notts offer regular guided walks around various areas of Nottingham. They are open to everyone and range from a quick 10 minutes to a longer couple of hours.

Enjoy the benefits of being out in the open air and meet new people along the way. For more information, please email bestfootforward@ageuknotts.org.uk or ring 0115 896 6906.

University of Nottingham Students

The students will be sharing what they do and where they go to relax and reset. Follow [@uon_artsandhumanities](https://www.instagram.com/uon_artsandhumanities) [#myhappyplace](https://www.instagram.com/myhappyplace) on Instagram.

Inside Out: Portraits of Emotional Resilience

Portraits of members of the Nottingham BAME community painted from their experiences of mental health and emotional wellbeing.

View nine pieces of original art by Andy Farr from the 13th – 23rd October at the Indian Community Centre Association, 99 Hucknall Road, Nottingham NG5 1QZ. nott.ac/insideout

See inside for the full programme

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

Nottingham's 31st 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 31 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).



9th - 20th October 2023
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 9th October: Launch Event – hosted by Bipolar Lift

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
- 📍 Broomhouse and Kitchen, Trent Bridge, Nottingham NG2 2GS

Drumming Circle – hosted by Nature in Mind

Contact Jo on **0115 925 2516** for more details.

- 🕒 2 – 4pm
- 📍 Beeston Resource Centre, 74 Middle Street, Beeston, NG9 2AR

All Abilities Chair Yoga – hosted by Warrior Wellbeing

Come along and join in our sessions (runs from 9th October to 18th December). There will be a small charge for these sessions (concessionary prices available). Contact Lisa on: **07947 170222**.

- 🕒 6 – 7pm
- 📍 The Lenton Centre, Willoughby Street, Lenton, NG7 1RQ

Tuesday 10th October: World Mental Health Day

Taster day to celebrate World Mental Health Day. Wollaton Walled Garden Project invites you to a taster day, sessions start at 10am, 11am, 12pm and 2pm.

Have a look round our fabulous walled garden and try your hand at restoring walls, woodworking, maintaining the grounds, gardening and lots more. Bring your skills, ideas and enthusiasm! Refreshments available. Situated at Wollaton Park (access through Mr Mans car park). For more info, please see:

<https://friendsofwollatonpark.org.uk/walled-garden/> or <https://friendsofwollatonpark.org.uk/walled-garden/walled-garden-volunteering/>

- 🕒 10am, 11am, 12pm and 2pm
- 📍 Wollaton Park, Wollaton Road, Nottingham NG8 2AE

Memory Club – hosted by Notts Community Trust

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

- 🕒 1.30 – 3pm
- 📍 Indian Community Centre Association (ICCA), 99 Hucknall Road, Nottingham NG5 1QZ

Wednesday 11th October: Wellbeing Webinar – hosted by Improving Lives

This webinar will be hosted on Zoom. See website for more details: www.improvinglivesnotts.org.uk

- 🕒 12 – 1pm
- 📍 Online via Zoom

Death Café

Come along to a space for tea, cake, and conversations about our own mortality. Contact Carley on: **07394 049813** for details.

- 🕒 6.30 – 8pm
- 📍 Windmill Community Gardens, Ascot Road, Nottingham NG8 5HD

Growing Forward Gardens – An Open Day with Refreshments. Also happening on 18th October.

Growing Forward supports people living with anxiety, depression, and loneliness through gardening in small groups and one-to-one counselling. Take a tour of the gardens and find out how we use gardening to support wellbeing. Contact Carley on: **07394 049813** (please text only if possible).

- 🕒 1.30 – 4.30pm
- 📍 Windmill Community Gardens, Ascot Road, Nottingham NG8 5HD

All Levels Mixed Yoga with Warrior Wellbeing

Come along and join in with our sessions (runs from 11th October to 20th December). There will be a small charge for these sessions (concessionary prices available). Contact Lisa on: **079471 70222**.

- 🕒 4.30 – 5.30pm
- 📍 The Lenton Centre, Willoughby Street, Lenton, NG7 1RQ

Thursday 12th October: Lithe Lunch

Grow, cook, eat, and exercise session. Come along for a chance to learn new recipes, try some gentle chair yoga or gardening, and then share a delicious meal. **Free** to locals and NCC tenants, for others there will be a £2.50 suggested donation. Places are limited so please book beforehand, text: **07816 899978** to book your place.

- 🕒 11am – 2pm
- 📍 Windmill Community Gardens, Ascot Road, Nottingham NG8 5HD

Friday 13th October: Feeling Better Group – hosted by Mindset

Contact Jo on: **0115 925 2516** for more details.

- 🕒 10am – 12pm
- 📍 Beeston Resource Centre, 74 Middle Street, Beeston, NG9 2AR

Monday 16th October: Relaxation Group – hosted by Mindset

Contact Jo on: **0115 925 2516** for more details.

- 🕒 10.30am – 12.30pm
- 📍 Beeston Resource Centre, 74 Middle Street, Beeston, NG9 2AR

Tuesday 17th October: Support Taster Session 1: Working with Groups – hosted by With-you

This workshop will focus on the benefits and challenges of group work. For further details and registration please visit our website: <https://with-you.co.uk/news/1156-with-you-taster-sessions-series-2023>

- 🕒 3 – 4pm
- 📍 Online via Microsoft Teams

Wednesday 18th October: Support Taster Session 2: Allyship – Join the Conversation – hosted by With-you

This workshop will discuss the potential for a new With-you Peer Support Allyship Network. For further details and registration, visit: <https://with-you.co.uk/news/1156-with-you-taster-sessions-series-2023>

- 🕒 11am – 12.30pm
- 📍 Online via Microsoft Teams

World Menopause Day

Menopause Café, come along to a space to relax, talk, laugh, and share experiences of the menopause. Contact Carley on: **07394 049813**.

- 🕒 6.30 – 8pm
- 📍 Windmill Community Gardens, Ascot Road, Nottingham NG8 5HD

Carers Group – hosted by Notts Community Trust

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

- 🕒 1.30 – 3pm
- 📍 Melbourne Park, Aspley, Nottingham NG8 5HL

Mental Health Café

Come along to a space to relax, talk, and generally have the time to take a breath! Complementary hot drink of your choice. For more details contact Pam on: **07976 549988**.

- 🕒 2 – 4pm
- 📍 The Pudding Pantry, 83 High Road, Beeston, Nottingham NG9 2LE

Thursday 19th October: Apple Day – hosted by 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, Nottingham NG3 3LH

Support Taster Session 3: Resilience based Supervision – hosted by With-you

This session will enable attendees to reflect on the support structures that are available for people working in lived experience roles.

For further details and registration, visit: <https://with-you.co.uk/news/1156-with-you-taster-sessions-series-2023>

- 🕒 10.30am – 12pm
- 📍 Online via Microsoft Teams

Open Art Group – hosted by Improving Lives

To find out more information, visit: www.improvinglivesnotts.org.uk

- 🕒 2 – 4pm
- 📍 61b Mansfield Road, Nottingham NG1 3FN

Envisioning Workshop

We will be seeding your imagination by bringing along some personal accounts of mental health challenges and working with workshop participants to imagine a system that might best help. You do not have to discuss your own experience, unless you want to! Refreshments will be provided. Please contact: stefan.egglestone@nottingham.ac.uk

- 🕒 2 – 4pm
- 📍 Institute of Mental Health, Triumph Road, Nottingham NG7 2TU

Saturday 21st October: Music at the Organ Grinder

Come along and join in with a celebration of MHAW's! With Russell and Elmo (Soul Buggin) Contact Matt on: **0115 970 0630**.

- 🕒 7pm – Late
- 📍 The Organ Grinder, 21 Alfreton Road, Radford, NG7 3JE