

What's on and other news:

Wednesday 1st October:

Reading Social

Better Read than Never FICTION

🕒 5.30 – 7pm

Further info on all of which can be found here:

www.nottinghamcitylibraries.co.uk/reading-groups/

Sunday 5th October:

Yoga with Sonja

🕒 10 – 11am. First sunday of every month. Free.

📍 Wollaton Hall

Monday 27th October:

Queer Crafts

Notts LGBT+ Network.

🕒 6 – 7.45pm

📍 Nottingham Contemporary (NG1 2GB)

Free, booking required, [Queer-Crafts.eventbrite.com](https://www.queer-crafts.com)

With-you Allyship Network – Learning that your fight is my fight

A network where you can foster relationships, engage in meaningful conversations, and creatively imagine the future. If you would like to join please complete the online registration form.

🕒 6 – 7.30pm

📍 On-line event

See www.mhaw.org.uk or www.with-you.co.uk for further details on how to get involved.

STOP PRESS! STOP PRESS! STOP PRESS!

Check out our website www.mhaw.org.uk for details of an open pampering afternoon at Nottingham College. Hairdressers, barbers, and beauticians will be available for free!

Booking will be required.

Please see our website www.mhaw.org.uk for additional information and any updates to the programme.

Nottingham's 33rd 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 33 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 compassion and kindness will live on in our memories!

MHAW Chair & Co-ordinator

Pam Abbott 07976 549988

Thank you, Glen, you're a star!

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



6th - 18th October 2025 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 6th October:

Quilting and textiles

Nottingham Women's Centre textile creatives. Bring along your own knitting, sewing, and textiles to work on in a warm and inclusive environment.

🕒 1pm

📍 Nottingham Women's Centre, 30 Chaucer Street, Nottingham NG1 5LP

Contact reception on **0115 941 1475** for further info.

Ted Talks:

🕒 10 – 11.30am (This session also available on Monday 13th October)

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

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

NB Our café is open from Monday to Friday from 9am – 4pm)

Poetry session

🕒 10.30am-12.30pm (This session also available on Monday 13th October)

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

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

NB Our café is open from Monday to Friday from 9am – 4pm)

Tuesday 7th October:

Forget Me Notts hosted by Trent Bridge Community Trust

Stimulating activities for those living with dementia and their loved ones.

🕒 10.30am – 12pm

📍 Rushcliffe Leisure Centre, Rugby Road, West Bridgford, NG2 7HY

Contact **07486 327403** (Olivia) for more details (also 21st October).

Notts in Mind hosted by Trent Bridge Community Trust

Using sport to boost mental well-being.

🕒 1.30 – 3pm

📍 The Lenton Centre, Willoughby Street, Lenton, Nottingham NG7 1RQ

Contact **07486 327403** (Olivia) for more details (also 14th October).

Wednesday 8th October:

Community Chat

A chance to chat with the staff and members of the Middle Street community.

🕒 1pm

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

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

NB Our café is open from Monday to Friday from 9am – 4pm)

Reading Social

The listening chain (audiobook and visually impaired reading group).

🕒 2 – 3.30pm

For more info visit www.nottinghamcitylibraries.co.uk/reading-groups

Thursday 9th October:

Wollaton Walled Garden Project invites you to an Open Day

Look round our fabulous walled garden and see the progress we've made at restoring walls and maintaining the gardens and grounds. Bring your ideas and enthusiasm! Refreshments available.

🕒 10.30am – 4pm

📍 Wollaton Park, Wollaton Road, Nottm NG8 2AE

Situated at Wollaton Park (access through Mr Mans car park). For more info, please see friendsofwollatonpark.org.uk/walled-garden

Notts in Mind hosted by Trent Bridge Community Trust

Using sport to boost mental well-being.

🕒 10.30 – 12pm

📍 Cotgrave Leisure Centre, Woodview, Cotgrave, Nottingham NG12 3PJ

Contact **07486 327403** (Olivia) for more details.

Open Day

All welcome for an afternoon of fun and connection.

🕒 12 – 4pm

📍 Hughendon Lodge, Blyth Street, Ranson Road, Nottingham

For more info contact Sue on **0115 850 4037**

Crafty Club

Join in with some of the craft projects on offer in an informal and friendly environment, chat, have a coffee and meet new people!

🕒 1 – 3pm

📍 Nottingham Women's Centre, 30 Chaucer Street, Nottingham NG1 5LP

Contact reception on **0115 941 1475** for further info.

Friday 10th October:

Music Jam

🕒 12pm

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

Contact Jo on **0115 925 2516** for more details (also 17 Oct).

Creative Writing

🕒 1pm

Craft and Social

🕒 1.30 – 3pm

Time Out (Gambling Recovery Group Session)

Concerned about your gambling, come and talk to us.

🕒 2 – 3pm

📍 1st Floor Meeting Room, Café Sobar, 22-24 Friar Lane, NG1 6DQ

Contact **07706 732649** for more details

Monday 13th October:

Quilting and textiles

Nottingham Women's Centre textile creatives. Bring along your own knitting, sewing, and textiles to work on in a warm and inclusive environment.

🕒 1pm

📍 Nottingham Women's Centre, 30 Chaucer Street, Nottingham NG1 5LP

Contact reception on **0115 941 1475** for further info.

Tuesday 14th October:

Forget Me Notts hosted by Trent Bridge Community Trust

Stimulating activities for those living with dementia and their loved ones.

🕒 10.30am – 12pm

📍 Edwalton Golf Club, Wellin Lane, Nottingham NG12 3AS

Contact **07486 327403** (Olivia) for more details (also 21st October).

Coffee and Chat

Join us for an informal get together in our Welcome Space. No need to book, just drop in!

🕒 1.30 – 3pm

📍 Nottingham Women's Centre, 30 Chaucer Street, Nottingham NG1 5LP

Contact reception on **0115 941 1475** for further info.

Wednesday 15th October:

United in Wellness Event

Bringing together community members, local groups and organisations to celebrate and strengthen mental health wellbeing in our city.

🕒 12.30 – 4.30pm

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

For more info contact renee@beeston-community-resource.org or tracie@beeston-community-resource.org or ring **0115 9252516**

Chair Yoga

🕒 1.30 – 2.15pm All abilities, followed by refreshments.

📍 International Community Centre, 61b Mansfield Road

Places are limited – please call **0115 934 8411** to book.

Reading Social: Crime Central – CRIME

🕒 5.30 – 7pm

For more info visit www.nottinghamcitylibraries.co.uk/reading-groups

Friday 17th October:

Menopause Café

Chat all things menopause, with beverages and optional cake!

🕒 2 – 3.30pm

📍 Café Sobar, 22 / 24, Friar Lane, Nottingham NG1 6DQ

Contact Pam on 07976549988 for more details.

Time Out (Gambling Recovery Group Session)

Concerned about your gambling, come and talk to us.

🕒 2 – 3pm

📍 1st Floor Meeting Room, Café Sobar, 22-24 Friar Lane, NG1 6DQ

Contact 07706732649 for more details.

Board Game Social

An evening of fun with plenty of board games or just sit and chat!

🕒 5 – 9pm

📍 Café Sobar, 22 / 24, Friar Lane, Nottingham NG1 6DQ

Contact Char on 07521055787 for more details.

Check out our website for further information on upcoming events in October www.mhaw.org.uk