

More Information

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Supporting Organisations

Avon and Wiltshire Mental Health Partnership NHS Trust (AWP)

AWP Headlights Mental Health Charity

Bath Mind

Creativity Works

Carers Centre

DHI

Holburne Museum

KS2 Carers Support Group

New Hope

Percy Community Centre

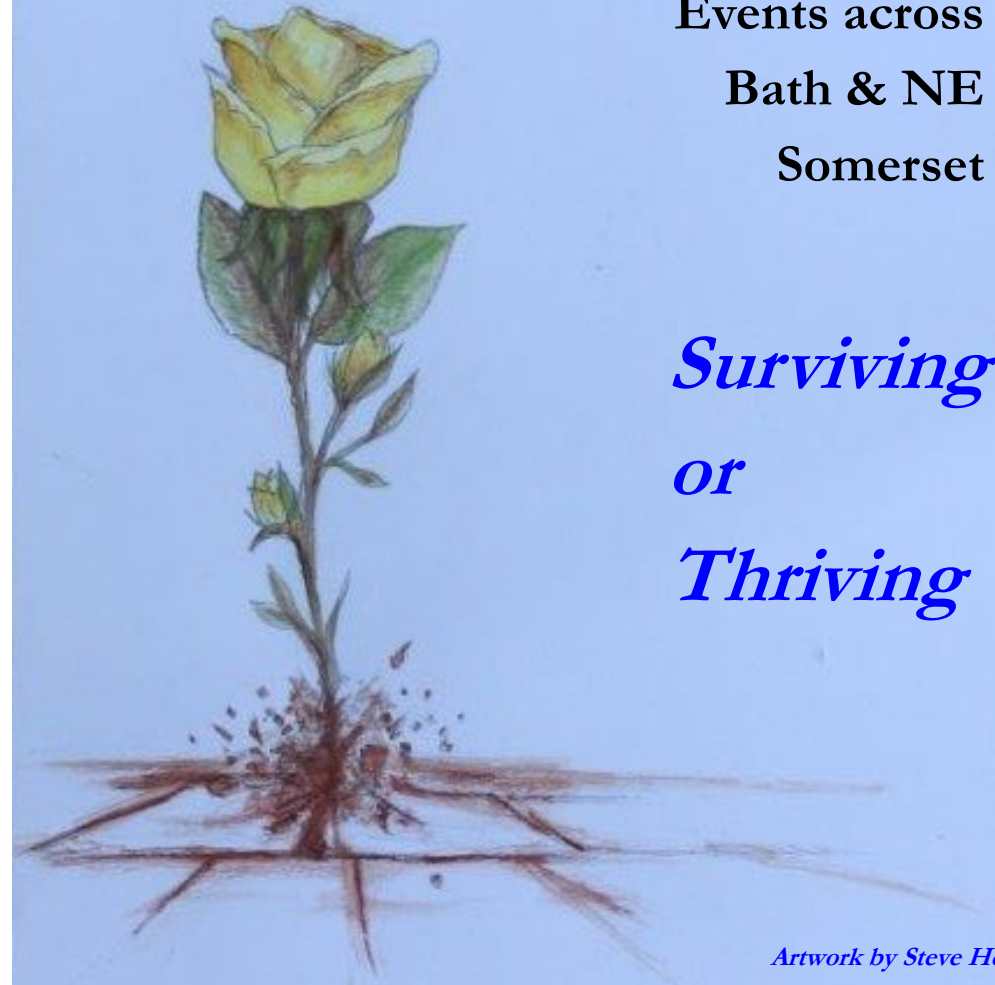
St Mungos

Virgin Care

Wellbeing College

MENTAL HEALTH AWARENESS WEEK 2017

8th - 14th May
Events across
Bath & NE
Somerset



*Surviving
or
Thriving*

Artwork by Steve Hedley

Monday 8th May	Tuesday 9th May	Wednesday 10th May	Thursday 11th May	Friday 12th May
<p>Bread Making Open Opportunities Bath Mind & Virgin Care United Reform Church 3 Argyle Street, Bath, BA2 4BA 11:30 am - 2:00 pm £1 donation for refreshments Optional walk with Becky at 11:00 am No booking required - Further info: Outreach2@bathmind.org.uk Tel: 01225 316199</p>	<p>Wellbeing Brunch and Mental Health Awareness Session for Bath Volunteers Bath Mind The Bubble, 4-5 Chapel Court Bath BA1 1SQ 9:30 am - 12:00 noon Free but Booking is essential: www.wellbeingcollegebanes.co.uk/index.php/Calendar</p>	<p>Celebrating Talking About Depression Friends in Need Group Bath Mind Manvers St. Open House, Pulteney Room Manvers St, Bath BA1 1JW 12:30 pm - 2.:30 pm £1 donation for refreshments No booking required unless specific dietary requirements - Further info: Outreach2@bathmind.org.uk Tel: 01225 316199</p>	<p>Exploring Mental Health Through Your Five Senses DHI The Beehive Yard Bath, BA1 5BD 1:00 - 3:00 pm Free Booking not required - Further info: Tel: 01225 329411</p>	<p>Pot a Herb & BBQ Greenlinks Bath Mind & Virgin Care Monksdale Road Allotments Monksdale Road, Bath BA2 2JF 12:00 - 3:00 pm with lunch @ 1:30 pm £1 donation for refreshments No booking required unless specific dietary requirements - Further info: community@bathmind.org.uk Tel: 01225 316367</p>
	<p>Psychosis Awareness Training AWP Early Intervention Team Percy Community Centre New King Street, Bath, BA1 2BN 11:00 am - 1:30 pm Free No booking required - Further info: elena.ely@nhs.net Tel: 01225 362760</p>	<p>Exploring the 5 Ways to Wellbeing through Creativity and Nature Creativity Works Creative activities in the garden that will explore the 5 Ways to Wellbeing Leigh House, 1 Wells Road Radstock, BA3 3RN 3:00 pm - 5:00 pm Free but booking is essential philippa@creativityworks.org.uk Tel: 01761 438852</p>	<p>#madeformentalhealth Crafternoon AWP - Headlight Mental Health Charity Relaxed crafting, sewing, drawing etc The Makery, Beau Nash House, 19 Union Passage, Bath, BA1 1RD 1:30 pm - 4:30 pm Free (donations for refreshments & completed projects) Booking advised as places are limited awp.headlightinfo@nhs.net Tel: 01249 468134</p>	<p>Saturday 13th May Yoga Mini-Retreat Carers' Centre Set within a calm safe space—breathing techniques and mindfulness mediation Southdown Methodist Church Centre , The Hollow, BA2 1NJ 10:00 am - 1.00pm £3 donation - further info and booking info@banescarerscentre.org.uk Tel: 01761 430930</p>
	<p>Time to Change Talk – Improving Attitudes to Mental Health Bath Mind The Bubble, 4-5 Chapel Court Bath BA1 1SQ 2:30 - 3:30 pm Free but Booking is essential: www.wellbeingcollegebanes.co.uk/index.php/Calendar</p>	<p>Lower Your Guard – Talk Mental Health AWP, St Mungo's , New Hope & Food for Thought A talk by people with lived experience of mental health. Exclusively for people who support others with their mental health (family, friends, volunteers and staff) The Bubble, 4-5 Chapel Court, Bath BA1 1SQ. 6:00 - 8:00 pm Free but Booking is Essential L.rawlings@nhs.net Tel: 07917 210187</p>	<p>Garden Club Carers' Centre Come and spend some time outdoors in our beautiful garden caring for our plants, raised beds, fruit and veg patches and generally get stuck in Bath Carers' Centre, The Woodlands, Lower Bristol Road, BA2 9ES 10:30 am - 12:30 pm Free. For further info and booking info@banescarerscentre.org.uk Tel; 01761 430930</p>	
	<p>Carers Support Group Open Evening KS2 Carers Support Group Carers Centre, Lower Bristol Road Bath, BA2 9ES 7:00 - 9:00 pm - Free No booking required - Further info: Admin@ks2bath.org</p>	<p>Museums and Wellbeing IMAGE- The Peer Led Museums Group Join us for a fun creative event exploring Museums and Wellbeing. Refreshments provided and all welcome! Clore Learning Space, The Holburne Museum, Great Pulteney Street, Bath BA2 4DB. 10:30 am - 12:30pm Free. Further info www.holburne.org</p>		