

## 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

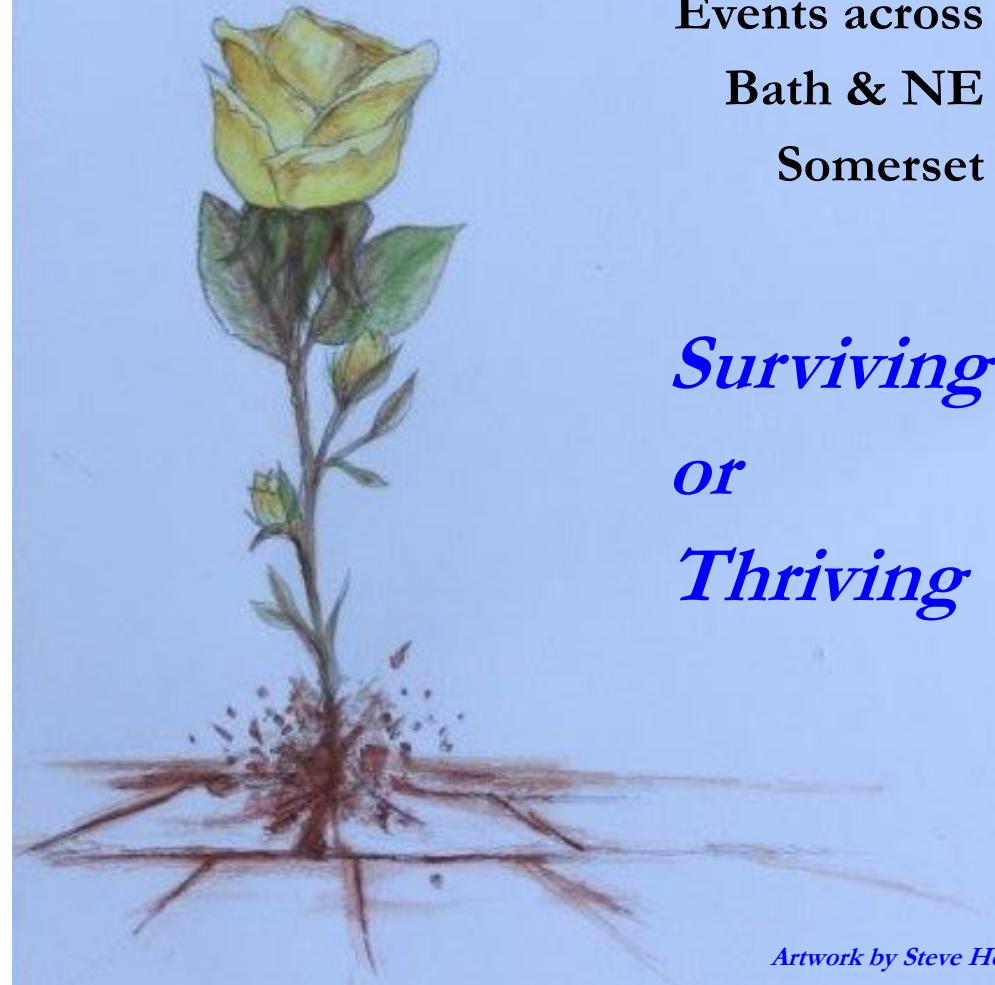
St Mungos

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><b>Bread Making</b>  <b>Open Opportunities</b>  <b>Bath Mind &amp; Virgin Care</b>            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  <b>No booking required - Further info:</b>  <a href="mailto:Outreach2@bathmind.org.uk">Outreach2@bathmind.org.uk</a>  <b>Tel: 01225 316199</b></p>	<p><b>Wellbeing Brunch and Mental Health Awareness Session for Bath Volunteers</b>  <b>Bath Mind</b>            The Bubble, 4-5 Chapel Court            Bath BA1 1SQ            9:30 am - 12:00 noon  <b>Free but Booking is essential:</b>  <a href="http://www.wellbeingcollegebanes.co.uk/index.php/Calendar">www.wellbeingcollegebanes.co.uk/index.php/Calendar</a></p>	<p><b>Celebrating Talking About Depression Friends in Need Group</b>  <b>Bath Mind</b>            Manvers St. Open House, Pulteney Room            Manvers St, Bath BA1 1JW            12:30 pm - 2.:30 pm            £1 donation for refreshments  <b>No booking required unless specific dietary requirements - Further info:</b>  <a href="mailto:Outreach2@bathmind.org.uk">Outreach2@bathmind.org.uk</a>  <b>Tel: 01225 316199</b></p>	<p><b>Exploring Mental Health Through Your Five Senses</b>  <b>DHI</b>            The Beehive Yard            Bath, BA1 5BD            1:00 - 3:00 pm  <b>Free</b>  <b>Booking not required - Further info:</b>  <b>Tel: 01225 329411</b></p>	<p><b>Pot a Herb &amp; BBQ</b>  <b>Greenlinks</b>  <b>Bath Mind &amp; Virgin Care</b>            Monksdale Road Allotments            Monksdale Road, Bath BA2 2JF            12:00 - 3:00 pm with lunch @ 1:30 pm            £1 donation for refreshments  <b>No booking required unless specific dietary requirements - Further info:</b>  <a href="mailto:community@bathmind.org.uk">community@bathmind.org.uk</a>  <b>Tel: 01225 316367</b></p>
	<p><b>Psychosis Awareness Training</b>  <b>AWP Early Intervention Team</b>            Percy Community Centre            New King Street,            Bath, BA1 2BN            11:00 am - 1:30 pm  <b>Free</b>  <b>No booking required - Further info:</b>  <a href="mailto:elena.ely@nhs.net">elena.ely@nhs.net</a>  <b>Tel: 01225 362760</b></p>	<p><b>Exploring the 5 Ways to Wellbeing through Creativity and Nature</b>  <b>Creativity Works</b>            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  <b>Free but booking is essential</b>  <a href="mailto:philippa@creativityworks.org.uk">philippa@creativityworks.org.uk</a>  <b>Tel: 01761 438852</b></p>	<p><b>#madeformentalhealth Crafternoon</b>  <b>AWP - Headlight Mental Health Charity</b>            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 &amp; completed projects)  <b>Booking advised as places are limited</b>  <a href="mailto:awp.headlightinfo@nhs.net">awp.headlightinfo@nhs.net</a>  <b>Tel: 01249 468134</b></p>	<p><b>Saturday 13th May</b>  <b>Yoga Mini-Retreat</b>  <b>Carers' Centre</b>            Set within a calm safe space—breathing techniques and mindfulness mediation            Southdown Methodist Church Centre ,            The Hollow, BA2 1NJ            10:00 am - 1.00pm  <b>£3 donation - further info and booking</b>  <a href="mailto:info@banescarerscentre.org.uk">info@banescarerscentre.org.uk</a>  <b>Tel: 01761 430930</b></p>
	<p><b>Time to Change Talk – Improving Attitudes to Mental Health</b>  <b>Bath Mind</b>            The Bubble, 4-5 Chapel Court            Bath BA1 1SQ            2:30 - 3:30 pm  <b>Free but Booking is essential:</b>  <a href="http://www.wellbeingcollegebanes.co.uk/index.php/Calendar">www.wellbeingcollegebanes.co.uk/index.php/Calendar</a></p>	<p><b>Lower Your Guard – Talk Mental Health</b>  <b>AWP, St Mungo's , New Hope &amp; Food for Thought</b>            A talk by people with lived experience of mental health.  <b>Exclusively for people who support others with their mental health (family, friends, volunteers and staff)</b>            The Bubble, 4-5 Chapel Court,            Bath BA1 1SQ. 6:00 - 8:00 pm  <b>Free but Booking is Essential</b>  <a href="mailto:L.rawlings@nhs.net">L.rawlings@nhs.net</a> Tel: 07917 210187</p>	<p><b>Garden Club</b>  <b>Carers' Centre</b>            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  <b>Free. For further info and booking</b>  <a href="mailto:info@banescarerscentre.org.uk">info@banescarerscentre.org.uk</a>  <b>Tel; 01761 430930</b></p>	
	<p><b>Carers Support Group Open Evening</b>  <b>KS2 Carers Support Group</b>            Carers Centre, Lower Bristol Road            Bath, BA2 9ES            7:00 - 9:00 pm - Free  <b>No booking required - Further info:</b>  <a href="mailto:Admin@ks2bath.org">Admin@ks2bath.org</a></p>	<p><b>Museums and Wellbeing</b>  <b>IMAGE- The Peer Led Museums Group</b>            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  <b>Free. Further info</b>  <a href="http://www.holburne.org">www.holburne.org</a></p>		