

To celebrate World Mental Health Day, Tuesday 10th October, BANES staff, volunteers, service users and carers have come together to put on a week of activities. The theme this year is 'mental health in the work place'. There are plenty of opportunities for everyone to help bring mental health out of the shadows

More Information

www.newhopebanes.org
Twitter: @BathWMHD

Supporting Organisations

Avon and Wiltshire Mental Health Partnership NHS Trust
Bath Mind
Creativity Works
New Hope
St Mungo's
Virgin Care
Wellbeing College

www.awp.nhs.uk
www.bathmind.org.uk
www.creativityworks.org.uk
www.newhopebanes.org
www.mungosbroadway.org.uk
www.virgincare.co.uk/explore-our-services
www.wellbeingcollegebanes.co.uk

Thank You

Our event sponsors
Headlight Charity
BANES Council
DWP Job Centre Bath

And also to all volunteers



World Mental Health Day 2017

Join us in our events and activities and find out more about local Mental Health & Wellbeing services



Plans for the week include a wide variety of events and activities to raise awareness and break down stigma

Artwork:
Lower Your Guard by Steve Hedley

Event	When, What, Further info	Where
'How I Make It Work' Wellbeing Workshops	9th - 15th October Exhibition & Free Creative Activities More info: philippa@creativityworks.org.uk	44AD Gallery, 4 Abbey Street, Bath, BA1 1NN
Creativity and Wellbeing Coffee Morning	10th October. 10:30 am – 12:00 noon Enjoy a coffee and beautiful creative activities inspired by the treasures of the Holburne's collection	Holburne Museum, Bath
Mental Health Training/ Charter Brunch	10th October. 9:30 - 12:30 Local employers providing a healthy homemade brunch made by Food for Thought. Find out more about mental health and the B&NES Mental Health & Wellbeing Charter More info: hannahroper@bathmind.org.uk or caroline.mellors@mungos.org	44AD Art Gallery, 4 Abbey Street, Bath
Wellbeing in the Workplace Fair	10th October 10:00 am - 4:00 pm A day for employers and job seekers. Workshops, stands and talks to help people overcome barriers to gaining and staying in employment. Helping employers to feel more confident in supporting a mentally healthy workforce More info: Suzanne.morys@virgincare.co.uk or community@bathmind.org.uk	Bath Job Centre
Natural Wellbeing Workshop	11th October 1:00 - 4:00 pm Get involved with Bath City farm projects such as crafting, gardening and looking after animals to improve your mental health and wellbeing More info: Sarah Neale - Tel: 01225481269 sarah@bathcityfarm.org.uk	Bath City Farm
PPE Open Evening	11th October 5:00—7:00 pm Would you like to share your experiences of psychological difficulties to help us train future clinical psychologists? Come along to the open evening to find out more	Bath University, Graduate Commons Building 10 West
Charity Music Gig 'Music in Mind' and Charity Single 'More Than That'	13th October 7:00 pm An evening of entertainment with Littlemen and Sam Eason. Gig tickets £10:00 available from 'brown paper tickets' £5:00 discount for volunteers with code VOLMIM17, The charity single was written and recorded at NAM studios, and produced by 'band aid' producer Stuart Bruce	Orchard Street Theatre, Bath

'Eat, Talk, Think' Gazebo

Saturday 7th October

Old Bond Street, Charity Corner, BA1 1BP 10:00 am - 3:00 pm

Who	What	When
AWP St Mungo's	Wellbeing Cakes Come and grab a free 'wellbeing cake'. Take a bite and tell us how this cake could represent someone's mental health	10:00 am onwards
AWP St Mungo's Bath Mind	Free Wellbeing Postcards Look out for our free wellbeing postcards. Join the conversation and tell someone you care about 'What helps you lower your guard and talk about mental health, or add it to the art installation at the Gazebo. Many organisations will be giving out cards. Available from l.rawlings@nhs.net or ralph.lillywhite@mungos.org	10:00 am onwards
AWP St Mungo's	Statues/The Mannequin Challenge Be one of 50 or more living statues raising awareness of mental health and helping reduce stigma. Fancy taking part? Contact Lee Rawlings Tel: 07917 210187 or l.rawlings@nhs.net	1:00 pm
Bath City Farm	Chicken Cuddling Come along and see our chickens and have a cuddle	12:00 noon - 2:00 pm
Healthwatch	Providing information about helping you and your family get the best out of your local health and social care services	10:30 am onwards
DHI	My Script supports you to address the social, emotional or practical issues which may be affecting your health and wellbeing.	10:30 am - 12:00 pm
Bath Mind	Hazel Powell, Reflexologist Try hand reflexology and find out how this technique can improve your ability to relax	11am-12 noon
KS2—Carers support group	Splat the rat Fun interactive game - to raise awareness of mental health and raise money for groups	11:00 am - 2:30 pm
Feel Good Bath	Mind Apples - 5 a day for your mental health Come along, read and be inspired by what others do every day to maintain their mental health. Inform others of what you do by adding your own Apple to the tree	12:45 - 3:00 pm