

World Mental Health Day 2018

**Join us in our events and activities to
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 - The Green Man - by Steve Hedley

‘Talk Mental Health’ Gazebo

Saturday 6th October - 10:30 am - 3:00 pm

Old Bond Street, Charity Corner, BA1 1BP

Event	Further info	When/Where
Wellbeing Cakes	Come and grab a free ‘wellbeing cake’. Take a bite and tell us how this cake could represent someone’s mental health.	10.30 am – 3.00 pm Old Bond Street (Outside Gap)
Interactive Art Wall	Add your ‘tag’ to the Lower your guard graffiti wall. 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.	10.30 am – 3.00 pm Old Bond Street (Outside Gap)
Chicken Cuddling	Come along and see our chickens and have a cuddle.	11:00 am – 1.00 pm Old Bond Street (Outside Gap)
Colouring Extravaganza for Mindfulness	Help colour our large mindful owls to stamp your support for better mental health awareness in today’s society.	10.30am – 3.00 pm Old Bond Street (Outside Gap)
Splat the Rat	Fun interactive game - to raise awareness of mental health and raise money for groups.	10.30am – 3.00 pm Old Bond Street (Outside Gap)
Lower your guard hoodies	Locally designed ‘lower your guard’ hoodies and t-shirts’. Raising awareness of mental health. More info: l.rawlings@nhs.net	10.30am – 3.00 pm Old Bond Street (Outside Gap)
	Lower Your Guard Chorus	6th October
Flash mob choir	A wellbeing activity accessible for all abilities. The chosen song will be rehearsed at different locations before the event and then performed in Bath city centre on the 6th October. For anyone who wants to be part of an uplifting and fun musical project. More Info: l.rawlings@nhs.net or helen.brian@nhs.net	11.30 am – The Gazebo (Old Bond Street) 12:00 – The Abbey 12:30 - Southgate

Sunday 7th October

Event	Further info	When/Where
Talk and Breath Relaxation	Talk subject 'Stress & the human nervous system, & cutting edge theory regarding how we manage this & decompress via the Breath, T.R.E. and other methods. To book call 07498 665385 (limited availability) More Info: deborahjmaddison@gmail.com	11.30 am - 2.20 pm Bath Yoga Studio, James St West, BA1 2BT

Tuesday 9th October

Event	Further info	When/Where
KS2 Carers Support Group	Carers support group open evening. Come along and see what we do and offer. Meet other carers and pick up the new Avon & Wiltshire Mental Health Trust's carers pack. More Info: bev@planetman.co.uk	7.00 pm - 9.00 pm Carers Centre Lwr Bristol Road BA2 9ES

World Mental Health Day Wednesday 10th October

Event	Further info	When/Where
Hot On The Wellbeing Trail	World Mental Health Day Tour Minibus. Taking people to various venues so that they can take part in many of the activities, focusing on the five ways to wellbeing. More Info: Paul.rimmer@mungos.org	9.00 am – 5.00 pm Different Venues, Bath, See Page 7 For More Info
Art in the City	The Cabinet of Compassion. Stop for a moment to refill, take what you need and delete your worries on 'The Worry Deleting Machine'. More Info: ailsaeaglestone@bathmind.org.uk	8.30 am – 5.00 pm Outside Bath Spa Train Station
Positive Mental Health	Lesson plan and activity ideas for schools to use on World Mental Health Day. More Info: Clare_laker@bathnes.gov.uk	Schools
Connect 5 Training Session 1	An accessible training course to build confidence in having conversations about mental health and wellbeing. Register here: https://bit.ly/2zoAddX More Info: Clare_laker@bathnes.gov.uk	9.30 am -12.30 pm Guildhall, High St, BA1 5AW

Event	Further info	When/Where
Managing Mental Health in the Workplace	Lunch provided at 12.30 Find out how to support your employees at work Please Book & Pay via: hannahroper@bathmind.org.uk	9.30 am – 4.00 pm Royds Withy King, Midland Bridge House, BA2 3FP
Get Set to Go	For female attendees. Have a go at fun and physical activities in a non-competitive, supportive setting More Info: ailsaeaglestone@bathmind.org.uk	9.45 am – 11.45 am Bath City Mosque, BA1 1LA
Animal Encounter	Get hands-on with our farmyard family. 16 - 25 year olds. More Info: kilda@bathcityfarm.org.uk	10.00 am -12.00 pm Bath City Farm, BA2 1NW
Growing for Mental Wellbeing	Join our Wednesday volunteers to help keep our gardens gorgeous. Aged 18+ More info: sara@bathcityfarm.org.uk	10.00 am -12.00 pm Bath City Farm, BA2 1NW
Guided Walk	An hour-long walk round the farm's 37 acres, led by one of our volunteers. More Info: sara@bathcityfarm.org.uk	10.00 am -12.00 pm Bath City Farm, BA2 1NW
Cook and Share lunch	Learn cooking skills. Eating healthily on a budget. Food and mood. More Info: clare.midgley@virgincare.co.uk	10.00 am – 1.00 pm Bath City Farm, B A2 1NW
Creativity & Wellbeing Coffee Morning	Come for coffee, cake and a chat! Enjoy a friendly guided tour around the museum as well as beautiful creative activities. For further info: l.campion@holburne.org	10.30 – 12.30pm Holburne Museum, Great Pulteney Street, Bath
Time to Talk	Conversations to help people connect with others using the 5 ways to wellbeing being. Promoting anti-stigma. More info: PaulCooper@bathmind.org.uk	11.00 am - 1.00 pm Carers Hub RUH Atrium, BA1 3NG
How are you?	For students. 6th Forms. More info: Philippa@creativityworks.org.uk	Lunchtime Period Mendip School and Writhlington School
Get Set To Go	Running technique sessions with Hannah. Drop in for 10 minutes or stay for the whole hour session. More Info: ailsaeaglestone@bathmind.org.uk	12.00 pm - 1.00 pm Outside Bath Spa Train station

Event	Further info	When/Where
Cycling For All	Free use of cycle circuit, plus bikes, trikes and tandems. More Info: chris.revill@cycling.org.uk	12.00 pm - 2.00 pm Odd Down Sports Ground, Chelwood Drive, BA2 2PR
Psychosis Awareness Training	Training for university students with an interest in finding out more about psychosis and what treatments are available. More Info: Elena Ely Tel: 01225 362760	12.00 pm - 2.00 pm Bath University,
Find out about volunteering	Find out what's available in BANES from volunteer centre and from twelve BANES organisations. Sign up to free volunteering training. Learn about the 'Volunteer Pass' and sign up More Info: ralph.lillywhite@mungos.org	1.00 pm – 3.00 pm Bath City Farm, BA2 1NW
Peer Mentoring & Social Prescribing	Find out about the benefits & challenges from St Mungo's and Avon & Wiltshire Mental Health Trust. More Info: c.lawrence1@nhs.net	1.00 pm – 3.00 pm Bath City Farm, BA2 1NW
Crafting Workshop	Join our Crafty Wednesday volunteers for some sociable creativity. More Info: alexia@bathcityfarm.org.uk	1.30 pm – 3.30 pm Bath City Farm, BA2 1NW
Mini Health Checks	More Info: lisa.fry@virgincare.co.uk	2.00 pm – 3.00 pm Twerton Village Hall, BA2 1DX
Get Set to Go	Taster sessions in volleyball, badminton, keep fit and movement. More Info: ailsaeaglestone@bathmind.org.uk	2.00 pm – 4.00 pm Twerton Village Hall, BA2 1DX
Psychosis Awareness Training	Training for members of the public, voluntary and statutory organizations with an interest in finding out about psychosis and what treatments are available. More Info: Elena Ely Tel: 01225 362760	2.30 pm - 4.30 pm Council Chambers, Guildhall, High St, BA1 5AW
Stop Smoking Specialist Advice	Learn how stopping smoking can improve mental health. Learn about strategies, support and products to help you quit. More Info: joanne.fuller@virgincare.co.uk	3.00 pm – 4.00 pm Chillout Café Salvation Army, BA1 1XE

Event	Further info	When/Where
Chillout Café	Cakes and savouries and other activities. Particularly focused on those under 25 years More Info: Shaun.Steer@dpw.gsi.gov.uk	3.00 pm – 5.00 pm Salvation Army, BA1 1XE
Kindness Rocks	Join us for a free wellbeing pebble painting workshop. Suitable for all age groups. Paint your rock with inspirational quotes or pictures. Hide it, keep it or give it to someone to brighten their day. More Info: l.rawlings@nhs.net	3.30 pm – 5.30 pm Bath City Farm, BA2 1NW
Talk and Breath Relaxation	Talk subject 'stress & the human nervous system, & cutting edge theory on how we manage this & decompress via the Breath, T.R.E. and other methods' Talk to be followed by a guided breath relaxation. To book call 07498 665385 (limited availability) More Info: deborahjmaddison@gmail.com	6.30 pm – 7.20 pm Healing Space Studio 33 Lower Whitelands, Radstock, BA3 3JW
Walk & Food	Bath Food Cycle: Celebrating by walking and picnicking in the park, to take in the natural environment. More Info: carolrust8284@gmail.com	7.00 pm - 8.00 pm
Music Gig	Wildwood Kin & Littlemen Booking: Chapel Arts Centre More info: Philippa@creativityworks.org.uk	8.00 pm - 10.30 pm Chapel Arts Centre, BA1 1QR

Friday 12th October

Event	Further info	When/Where
Writing Space	An evening of short readings and poetry by Writing Space. More info: Philippa@creativityworks.org.uk	7.00 pm - 9.00 pm Upstairs, St James' Wine Vaults, BA1 2TW

Tuesday 16th October

Connect 5 Training Session 1	An accessible training course to build confidence in having conversations about mental health and wellbeing. All welcome. Volunteers encouraged to attend. Please register, using the link below https://bit.ly/2rtbnY6 More Info: Clare_laker@bathnes.gov.uk	12:00 pm - 5:00 pm Futures hub Bath City College, Avon St, BA1 1UP
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Hot on the Wellbeing Trail

Art in the City

8.30am-5pm,
Outside Bath Spa Train Station

Stop for a moment to refill, take what you need, delete your worries on 'The Worry Deleting machine'.

Provided by Bath Mind

Bus Leaves at 10:30am

Connect 5 Training

9.30am-12:30pm, Guildhall

Build confidence in having conversations about mental health and wellbeing. To register see leaflet.

Provided by Bath Council

Bus Leaves at 12:40pm

Growing for Mental Wellbeing

10am -12pm, Bath City Farm
Join our Wednesday volunteers to help keep our gardens gorgeous.

Find Out About Volunteering

1pm, Bath City Farm
Learn more about Volunteering opportunities, Free Training and the Volunteer Pass.

Bus Leaves at 2:20pm

Also at Bath City Farm...

At 1:30pm, Join the crafty Wednesday volunteers for some sociable creativity. Or just take a stroll and explore the farm.

Chillout Café

3pm-5pm Salvation Army
Citadel, Green Park Road

Enjoy some cakes and savouries with a range of other activities going on.

Provided by DWP

Get Set to Go

2pm- 4pm,
Twerton Village Hall

Taster sessions in volleyball, badminton, keep fit and movement.

Provided by Bath Mind

Bus Leaves at 3:30pm

Hop on at any destination!

To celebrate World Mental Health Day,
Wednesday 10th October,
BANES staff, volunteers, service users and carers
have come together to put on almost 2 weeks of
activities.

The theme this year is
‘Young people and mental health in a changing
world’.

There are plenty of opportunities for everyone to
help bring mental health out of the shadows

Twitter: @BathWMHD

Supporting Organisations

Avon and Wiltshire Mental Health

Partnership NHS Trust

BANES Council

Bath Food Cycle

Bath Mind

Creativity Works

DWP

Holburne Museum

KS2

St Mungo's

Virgin Care

Wheels for All

Wellbeing College

www.awp.nhs.uk

www.bathnes.gov.uk

www.facebook.com/bathfoodcycle

www.bathmind.org.uk

www.creativityworks.org.uk

www.dwp.gov.uk

www.holburne.org

www.ks2bath.org

www.newhopebanes.org

www.virgincare.co.uk/explore-our-services

facebook.com/wheelsforallbathandwest

www.wellbeingcollegebanes.co.uk

