

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'.

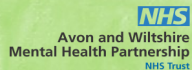
There are plenty of opportunities for everyone to
help bring mental health out of the shadows

Twitter: @BathWMHD

Supporting Organisations

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

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



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

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
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
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
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

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 at St James' Wine Vaults

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
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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 (Near Green Park)

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 Banes Carers Centre Lwr Bristol Road

World Mental Health Day Wednesday 10th October

Event	Further info	When/Where
Hot On The Wellbeing Trail	World Mental Health Day Tour Minibus. Available to take 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
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 in Schools	Lesson plan and activity ideas for schools to use on World Mental Health Day More Info: Clare_laker@bathnes.gov.uk	Schools

Event	Further info	When/Where
Connect 5 Training Session 1	An accessible training course to build confidence in having conversations about mental health and wellbeing. Please register, using the link below https://bit.ly/2zoAddX More Info: Clare_laker@bathnes.gov.uk	9.30 am -12.30 pm Guildhall
Managing Mental Health in the Workplace	Lunch provided at 12.30 Find out how to support your employees at work More Info: hannahroper@bathmind.org.uk	9.30 am – 4.00 pm Royds Withy King
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
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
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
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
Cook and Share lunch	Learn cooking skills. Eating healthily on a budget. Food and mood More Info: Sue.smart@virgincare.co.uk	10.00 am – 1.00 pm Bath City Farm
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
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

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
Psychosis Awareness Training	Training for members of the public and all voluntary and statutory organizations with an interest in finding out more about psychosis and what treatments are available. More Info: Elena Ely Tel: 01225 360762	12.00 pm - 2.00 pm Bath University
Find out about volunteering	Find out what's available in BANES from volunteer centre and directly from organisations. Sign up to free volunteering training. Learn about the 'Volunteer Pass' out and sign up More Info: helen@bathcityfarm.org.uk	1.00 pm – 3.00 pm Bath City Farm
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
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
Mini Health Checks	More Info: Sue.smart@virgincare.co.uk	2.00 pm – 3.00 pm Twerton Village Hall
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
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 360762	2.30 pm - 4.30 pm Council Chambers, Guildhall
Stop Smoking Specialist Advice	Learn how stopping smoking can improve mental health. Learn about strategies, support and products to help you quit More Info: Sue.smart@virgincare.co.uk	3.00 pm – 4.00 pm Chillout Café Salvation Army