

Mental Health Awareness Week 2017 8th - 14th May



To mark Mental Health Awareness Week, Bristol is celebrating the 'Five Ways to Wellbeing', highlighting how we can all take simple steps to improve our mental wellbeing.

Whilst we know that five fruit and veg a day helps us to stay physically healthy, we're less aware of the way we can stay emotionally healthy. Throughout the week we'll be exploring the Five Ways to Wellbeing, with a different theme each day.

Activities will be taking place across the city to help us to connect, be active, take notice, learn and give.

In this leaflet, you'll find out everything that's happening in North Bristol - there's loads to check out!

To see what's going on elsewhere in Bristol, go to www.fivedaysofwellbeing.co.uk.

Follow #MHAWBristol for updates on social media.



Activities in North Bristol:

Lockleaze

Workshop: 'How to help with mental health'

Join ACE's workshop to explore the best ways to support someone with their mental health. This is aimed at anyone who runs a community group and those who volunteer/work in the community. The workshop will explore concepts of mental health and wellbeing, help understand barriers to engagement and develop confidence in supporting someone in distress.

Tuesday 9th May, 9.30 – 12pm (tea & coffee from 9am), Filton Avenue Primary School

Contact

letty.anderton@cassbristol.org for more information and to sign up



Horfield

How do you make time for yourself? Community profiles

Check out [CASS's](#) display of community profiles at Horfield library and hear how local people relax and unwind in their busy lives. The project is about celebrating things that are good for our wellbeing and ensuring that we make time for them. Hear from people across North Bristol and be inspired!

8- 14th May, Horfield Library

Wellbeing Arts

A relaxed and friendly weekly group art sessions led by an experienced artist focused on creativity and wellbeing. Come along to explore and develop your creativity and learn new skills at your own pace. No previous experience necessary.

Tuesdays 9.30-11.30am, Horfield Health Centre

For more information and to download a referral form go to www.wellbeingarts.org.uk

Bristol Shares Reading

A relaxed and friendly weekly group art sessions led by an experienced artist focused on creativity and wellbeing. Come along to explore and develop your creativity and learn new skills at your own pace. No previous experience necessary.

Tuesdays, 1 - 2.30pm, Horfield Library

For more information and to download a referral form go to www.wellbeingarts.org.uk



Changes

Meet others who may also be experiencing mental distress at a weekly Changes peer support group. No referral necessary, just turn up.

**Tuesdays, 7.15pm – 9.30pm,
Horfield Baptist Church**

Visit www.changesbristol.org.uk for more information

Southmead

Getting back into being active

Come along to Glencoyne Square to find out how. You'll get the chance to try out walking netball and walking football, a great way to get back into sport or activity if it's been a while.

**Wednesday 10th May, 11-3pm,
Glencoyne Sqaure**

Visit www.themead.org.uk to find out more.



Changes

Meet others who may also be experiencing mental distress at a weekly Changes peer support group. No referral necessary, just turn up.

**Tuesday daytime 1pm-3pm and
Thursday evenings 7.15pm –
9.15pm, The Greenway Centre**

Visit www.changesbristol.org.uk for more information

Recovery College

Join the Recovery College in North Bristol for their workshop 'Ways to Wellbeing' that will help you improve your mental health and wellbeing with 5 simple and practical tools that can be easily incorporated into your daily life.

**Wednesday 10th May, 2 – 4.30pm,
The Greenway Centre**

Visit www.second-step.co.uk/recovery-college for more information and to sign up

Henbury & Brentry

Feel Good Day

Come and enjoy Henbury and Brentry's very first Feel Good Day with lots of free activities for the whole family, such as a mobile climbing wall, kid's go karts, human hamster balls, information on health & wellbeing and massages & alternative therapies.

**Saturday 13th May, 10 – 4pm,
Barnard Park, Crow Lane, the
library and Community Centre**

Lawrence Weston

Workshop: Has Life been hard?

Golden Key will be delivering a workshop aimed at adults in Lawrence Weston and the surrounding area, who suffer from anxiety and depression and would like to connect with people who relate and can share tips and experiences in a supportive environment. It will also provide information and tools for coping with symptoms and gaining insight into anxiety and depression.

**Tuesday 9th May 12 - 2pm, Law-
rence Weston Youth Centre**

Contact Jo Clarkson on 07585 702016 or joanne.ambition@gmail.com to book a place



Recovery Café

Sometimes just relaxing with like-minded people can help your well-being. We are holding a Recovery Café at Cafe on the Cross during Mental Health Week. It will be an opportunity to meet the Recovery College team and try taster exercises linked to the Recovery college courses over coffee and cake.

**Weds 10th May 9:30 – 12pm, Law-
rence Weston Baptist Church**



Personal Reality exhibition

Avonmouth-based Marina Morris is delivering free personal development courses for local residents in Lawrence Weston and the surrounding area. For Mental Health Awareness week we are promoting her course by holding a Lawrence Weston-wide exhibition of the artwork that forms part of the course.

**8 – 14th May, venues across Law-
rence Weston**

Sea Mills

Bristol Shares Reading

Come along to Sea Mills' weekly shared reading group, where a trained facilitator will read aloud stories and poems, allowing you to relax, listen and chat about what has been read.

**2nd and 4th Wednesdays of the
month, 10.30 – 12pm, Sea Mills Li-
brary**

If you run a group and would like information about how to look out for the mental wellbeing of your community, contact Letty on letty.anderton@cassbristol.org or call 07400 118 625.

