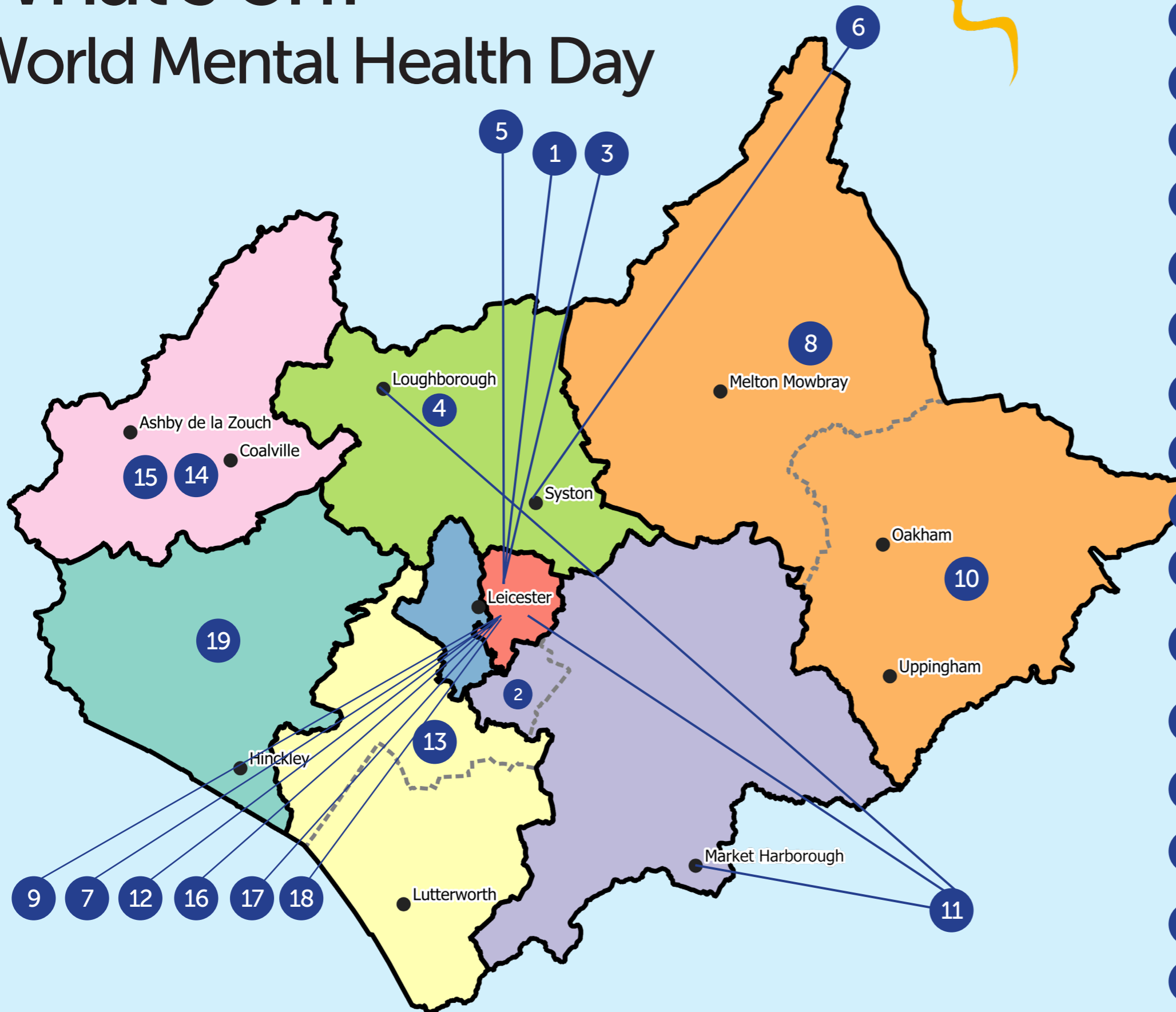


What's on? World Mental Health Day



- 1 **Peepul Mental Health Community Symposium**
7th October, 10am - 1.30pm
- 2 **Oadby & Wigston Neighbourhood Mental Health Café - Provided by Turning Point**
7th October, 10.30am – 5.30pm (latest arrival 5pm)
- 3 **Shama Women's Centre**
4th & 11th October, 10am - 12 noon
- 4 **Loughborough Wellbeing Centre**
10th October, 10am - 4pm
- 5 **Team Hub CIC**
12th October, 12 noon - 3pm
- 6 **Rural Community Council/Syston Mental Health Networking Group**
10th October, 12 noon - 6pm
- 7 **De Montfort University Student Union**
10th October, 10am - 3pm
- 8 **Sunny Skies CIC Community Art Piece**
10th October, 10am - 4pm
- 9 **Jamila's Legacy Pop-up Event**
10th October, 9.30am - 3.30pm
- 10 **Open Session outside Citizen's Advice**
10th October - 10.30am - 2.30pm
- 11 **RU OK? Public Interaction session**
10th October, 8.30am - 6pm
- 12 **NHS Leicester, Leicestershire & Rutland Talking Therapies: Making People Better Bus**
2nd - 14th October
- 13 **All is Well Van**
10th October, 9am - 1.30pm
- 14 **Feel Good Café**
10th October, 9.30am - 12.30pm
- 15 **Age UK Pop-up Event**
10th October, 10am - 2pm
- 16 **P3 1st Birthday Party**
10th October, 10am - 4pm
- 17 **Adhar Event**
13th October, 9.30am - 3.30pm
- 18 **Leicester Community Radio/Leicester City Council**
10th October, 10am - 3pm
- 19 **Hinckley & Bosworth Community Mental Health Support**
9th - 13th October

Details can be found on the next page

- 1 Peepul Mental Health Community Symposium** - 7th October, 10am - 1.30pm, The Peepul Centre, Orchardson Avenue, Leicester, LE4 6DP
A range of speakers and stands, find out how you can get the right support. [Download the flyer here](#)
- 2 Oadby & Wigston Neighbourhood Mental Health Café - Provided by Turning Point** - 7th October Saturdays, 10.30am – 5.30pm (latest arrival 5pm) 40 Bell Street, Wigston, Leicestershire, LE18 1AD
- 3 Shama Women's Centre** - 4th & 11th October, 10am - 12 noon, Shama Women's Centre, 39 - 45 Sparkenhoe Street, Leicester, LE2 0TD
Free cooking session to improve your eating habits. Join us for a free healthy lunch. For more information email info@shamawomenscentre.co.uk or call 0116 251 4747. [Download the flyer here.](#)
- 4 Loughborough Wellbeing Centre** - 10th October, 10am - 4pm, Loughborough Wellbeing Centre, Asha House, 63 Woodgate, Loughborough, LE11 2TZ
A range of activities including mindfulness, talks and workshops. [Download the flyer here](#)
- 5 Team Hub CIC** - 12th October, 12 noon - 3pm, Team Hub CIC, New Parks Community Centre, St Oswald Road, Leicester LE3 6RJ
Afternoon tea drop-in event so people can attend to see what mental health support Team hub offer and surrounding groups and organisations.
- 6 Rural Community Council/Syston Mental Health Networking Group** - 10th October, 12 noon - 6pm, Asda Thurmaston, Barkby Thorpe Lane, LE4 8GN
Offering support, signposting to local and NHS services
- 7 De Montfort University Student Union with Mental Health Matters**
10th October, 10am - 3pm, DeMontfort University Students Union, Mill Lane, Leicester, LE2 7DR
Community Skipping Challenge. The idea is to have at least one person skipping at a time constantly! Staff will be outside to engage with people about World Mental Health Day.
- 8 Sunny Skies CIC Community Art Piece**
10th October, 10am - 4pm , Sunny Skies Café, Melton Country Park Café, Wymondham Way, Melton Mowbray, Leicestershire, LE13 1HX
Visitors to the Sunny Skies Café (in Melton county park visitor centre) can share how they are feeling that day by writing, drawing or using stickers to decorate a coloured square that will be added to a 'patchwork blanket' art display.
- 9 Jamila's Legacy Pop-up Event**
10th October, 9.30am - 3.30pm, Highfields Library, 98 Melbourne Road, Leicester, LE2 0DS
Offering support, signposting to local and NHS services
- 10 Open Session outside Citizen's Advice**
10th October - 10.30am - 2.30pm
Raising awareness of services in Rutland including the Neighbourhood Mental Health Café, Peppers - A Safe Place, RISE, P3 and Root and Branch Out
- 11 RU OK? Public Interaction session**
10th October, Loughborough Railway Station, 8.30am - 11am, Leicester Railway Station 12 noon - 6pm, Market Harborough Railway Station, pm - 4pm
Healthwatch Leicester and Healthwatch Leicestershire will be at railway stations asking people 'RU OK?' and sharing information on local health and care services. [Download the flyer here.](#)
- 12 NHS Leicester, Leicestershire & Rutland Talking Therapies: Making People Better Bus, 2nd - 14th October**
10th October, 9am - 5pm, Leicester City Centre, Humberstone Gate between Primark and M&S, LE1 1WL
The Making People Better bus will travel to various communities, making it easier for you to access professional help. [Find all the locations for the bus here](#)
- 13 All is Well Van**
10th October, 9am - 1.30pm, Glen Hills Library and Park Cafe Dorothy Avenue, LE2 9JE
Offering support, signposting to local and NHS services

- 14 Feel Good Café**
10th October, 9.30am - 12.30pm, Marlene Reid Community Action, 85 Belvoir Road, Coalville, LE67 3PH
The Marlene Reid Centre in partnership with Enrych are dedicating the 'Feel Good Café' to celebrate World Mental Health day and host the 'Sing Loud, Be Proud' choir. Attendees can also take part in arts and crafts, board games and a seated exercise class which are integral to the café activities. There is also a buffet provided for £1.50 per person.
- 15 Age UK Pop-up Event**
10th October, 10am - 2pm, Measham and District Community Library, 6 High Street, Measham, Swadlincote, DE12 7HR
Offering support, signposting to local and NHS services
- 16 P3 1st Birthday Party**
10th October, 10am - 4pm, 21B St Martins, Leicester LE1 5DE
Celebrating what has been achieved in P3's first year of service. [Download the flyer here.](#)
- 17 Adhar Event**
13th October, 9.30am - 3.30pm, Birstall Social Club 16-18 Wanlip Ln, Birstall, Leicester LE4 4JS
Each year, Adhar celebrate World Mental Health Day to help increase awareness about our work within the community and to continue the important dialogue around mental health, especially within BAME communities.
- 18 Leicester Community Radio/Leicester City Council** - 10th October, 10am - 3pm, Haymarket Shopping Centre, 1 Kildare St, Leicester LE1 3YH
A range of activities including therapeutic colouring, signposting to Adult Education courses, music and more. [Download the flyer here.](#)
- 19 Hinckley & Bosworth Community Mental Health Support**
9th October- 13th October- Community Houses & Volunteer Led Groups in Burbage, Barwell, Desford, Earl Shilton, Wykin, Newbold Verdon, Ratby & Barlestone will be hosting numerous activities and social opportunities in neighbourhoods, as well as promoting positive mental health offers for World Mental Health Day. Join us at any one of our locations for tea, cake & the opportunity to take part in activities. For further information & specific venues, dates and times please contact Community House Co-ordinators on: **01455 255941**.
- 9th October, 10am - 1pm** - Hinckley & Bosworth Borough Council & their Health & Wellbeing Ambassadors are holding a 'Lets Talk' Market stall in Hinckley Town Centre, to talk and signpost residents to local services and gift goody bags from their 'Let's Talk' campaign.