

Healthy Mind Healthy Body

Supporting World Mental Health Day
Tuesday 10 October



Come and Join us to celebrate World Mental Health Day 2017 with:

- Coalville Heroes
- Agar Nook Community Centre
- Coalville Community Choir
- Age UK
- Co-Counselling international
- Walking for Health

Please see the timetable on the back of the page

For more information contact zara.barnes@nwleicestershire.gov.uk or 01530 454610



Healthy Mind Healthy Body

Supporting World Mental Health Day
Tuesday 10 October



Come and Join us to celebrate World Mental Health Day 2017 with:

- Coalville Heroes
- Agar Nook Community Centre
- Coalville Community Choir
- Age UK
- Co-Counselling international
- Walking for Health

Please see the timetable on the back of the page

For more information contact zara.barnes@nwleicestershire.gov.uk or 01530 454610



Date	Time	Activity	Venue	Cost	Contact
Monday 9 October	10am	Age Uk Health Walk	Clock Tower Memorial Square, Coalville, LE65 3TU	FREE	Stacey Sadler 07738820948
Tuesday 10 October	10am	Health Walk	Alley Waynext to Gilly's Pantry, Measham, DE12 7HR	FREE	Janet Joyce 07547901513
Tuesday 10 October	10.30-11.30am	Community Coffee, Chat and Meditation Morning	Agar Nook Community Centre, Belgrave Close, LE67 4TN	FREE	Agar.Nook@emhhomes.org.uk
Tuesday 10 October	11am -2pm	Poppies, Periscopes and Poetry Drop in Workshops	Coalville Market Unit 17	FREE	Deana@theheroproject.org.uk
Tuesday 10 October	11.30am-1.30pm	An Introduction to Co-Counselling (CCI)	Castle Medical Group, Ascebi House, Burton Road, Ashby, LE65 2LP	FREE	jt@dpets.co.uk
Wednesday 11 October	9am	BroomLeys Health Walk	St Davids Church, Broom Leys Road, Coalville, LE67 4RL	FREE	rachel.hudson@ageukleics.org.uk
Wednesday 11 October	10am	Walking for Health	Hood Park Leisure Centre, North Street, Ashby, LE65 1HS	FREE	Janet Joyce 07547901513
Thursday 12 October	10.30am	Measham Walk	Measham Library, High Street, Measham, DE12 7HR	FREE	Janet Joyce 07547901513
Thursday 12 October	12.15-1.15pm	Body Balance	The Brass House, Albert Road, Coalville, LE67 4DL	FREE	
Thursday 12 October	6-7pm	Creative Writing and Poetry Drop In session	Coalville Co-op Café LE67 3PW	FREE	Deana@theheroproject.org.uk
Thursday 12 October	6-7pm	Junk Drumming	Coalville Market Unit 17	FREE	Deana@theheroproject.org.uk
Friday 13 October	11am - 2pm	Poppies, Periscopes and Poetry Drop in Workshops	Coalville Market Unit 17	FREE	Deana@theheroproject.org.uk
Friday 13 October	TBC	Coalville Community Choir	Coalville Market Unit 17	FREE	

Date	Time	Activity	Venue	Cost	Contact
Monday 9 October	10am	Age Uk Health Walk	Clock Tower Memorial Square, Coalville, LE65 3TU	FREE	Stacey Sadler 07738820948
Tuesday 10 October	10am	Health Walk	Alley Waynext to Gilly's Pantry, Measham, DE12 7HR	FREE	Janet Joyce 07547901513
Tuesday 10 October	10.30-11.30am	Community Coffee, Chat and Meditation Morning	Agar Nook Community Centre, Belgrave Close, LE67 4TN	FREE	Agar.Nook@emhhomes.org.uk
Tuesday 10 October	11am -2pm	Poppies, Periscopes and Poetry Drop in Workshops	Coalville Market Unit 17	FREE	Deana@theheroproject.org.uk
Tuesday 10 October	11.30am-1.30pm	An Introduction to Co-Counselling (CCI)	Castle Medical Group, Ascebi House, Burton Road, Ashby, LE65 2LP	FREE	jt@dpets.co.uk
Wednesday 11 October	9am	BroomLeys Health Walk	St Davids Church, Broom Leys Road, Coalville, LE67 4RL	FREE	rachel.hudson@ageukleics.org.uk
Wednesday 11 October	10am	Walking for Health	Hood Park Leisure Centre, North Street, Ashby, LE65 1HS	FREE	Janet Joyce 07547901513
Thursday 12 October	10.30am	Measham Walk	Measham Library, High Street, Measham, DE12 7HR	FREE	Janet Joyce 07547901513
Thursday 12 October	12.15-1.15pm	Body Balance	The Brass House, Albert Road, Coalville, LE67 4DL	FREE	
Thursday 12 October	6-7pm	Creative Writing and Poetry Drop In session	Coalville Co-op Café LE67 3PW	FREE	Deana@theheroproject.org.uk
Thursday 12 October	6-7pm	Junk Drumming	Coalville Market Unit 17	FREE	Deana@theheroproject.org.uk
Friday 13 October	11am - 2pm	Poppies, Periscopes and Poetry Drop in Workshops	Coalville Market Unit 17	FREE	Deana@theheroproject.org.uk
Friday 13 October	TBC	Coalville Community Choir	Coalville Market Unit 17	FREE	