

# World Mental Health Day 2017

## What's on in Charnwood...

All activities are free unless otherwise stated. For more information please contact Louise Chance on 01509 634764 or email [louise.chance@charnwood.gov.uk](mailto:louise.chance@charnwood.gov.uk)

### MONDAY 9 OCTOBER 2017

#### Shepshed Health Walk Meet at 10:30am at Hall Croft, Shepshed (opposite the library)

Walks last up to an hour and take in a variety of routes

#### Wriggly Readers 10:30am-11:00am Loughborough Library, Granby Street, LE11 3DZ

Fun sessions for children aged 0-4 and their parents to enjoy stories, song and rhymes. An opportunity for families to meet and make friends

#### Sensory Strolls Meet 11:00am at John Storer House, Ward's End, Loughborough, LE11 3HA

Guided dementia-friendly walks around Queen's Park for people living with dementia and their carers.

### TUESDAY 10 OCTOBER 2017

#### Digital Drop-In 10:00am-4:00pm Loughborough Library, Granby Street, LE11 3DZ

Help with IT skills and making the most of your digital devices. Get tips on using the internet safely when accessing information and support online about mental health

#### Barrow-upon-Soar Health Walk Meet 10:30am at the Three Crowns Inn car park, Barrow-upon-Soar, LE12 8JS

Walks last up to an hour and take in a variety of routes

#### Loughborough Wellbeing Cafe's 2nd Birthday Celebrations 6:00pm-8:00pm Loughborough Library, Packe Street entrance, LE11 3DZ

Join Loughborough Wellbeing Café Project as they hold a special Wellbeing Cafe evening to celebrate their second birthday. The Wellbeing Cafe supports adults recovering from or living with mental ill health

### WEDNESDAY 11 OCTOBER 2017

#### Youth Mental Health First Aid 9:00am-5:00pm Rosebery St Peter's Centre, Storer Road, Loughborough, LE11 5EQ

This course will give you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them to the support they need.

Call Georgina Gallagher on 01509 632525 to book a place

#### Green Gym 10:00am-1:00pm Meet at entrance to Gorse Covert, off Stewart Drive, Loughborough, LE11 5RU

A free session offering residents the chance to learn practical conservation skills and improve physical and mental wellbeing. Email [cara.wild@charnwood.gov.uk](mailto:cara.wild@charnwood.gov.uk) to register

#### Gorse Covert Health Walk Meet 10:30am at Gorse Covert Community Centre, Maxwell Drive, Loughborough, LE11 4RZ

Walks last up to an hour and take in a variety of routes

## WEDNESDAY 11 OCTOBER 2017

### Loughborough Wellbeing Cafe

1:00pm-3:00pm

Loughborough Leisure Centre,  
Browns Lane, LE11 3HE

Drop-in for adults recovering from and living with mental ill health. A variety of fun activities on offer each week

### Changes Group

1:00pm-3:00pm

Glenmore Centre, Thorpe Road, Shepshed, LE12 9LU

Support group for adults living with mental health issues. Take part in a variety of activities or simply relax with a cup of tea and a chat. Cost £1.50, new members welcome

### Sileby Health Walk

Meet 2:30pm at Sileby Community Centre, High Street, LE12 7RX

Walks last up to an hour and take in a variety of routes

## THURSDAY 12 OCTOBER 2017

### Storytime and Bookstart giveaways

10:30am-11:00am

Loughborough Library, Granby Street, LE11 3DZ

Stories for babies and pre-school children, plus a free reading pack for you to enjoy at home. An opportunity to meet families and make friends

### Bridge Street Surgery Health Walk

Meet 10:30am at John Storer House, Ward's End, Loughborough, LE11 3HA

Walks last up to an hour and take in a variety of routes

## FRIDAY 13 OCTOBER 2017

### Singing Cafe for You

10:00am-11:00am

Loughborough Library,  
Granby Street, LE11 3DZ

Session for people with dementia and their carers. Sing songs from the past and reminisce with a cup of tea

### Dementia Exercise Class

11:30am-12:30pm

Loughborough Leisure Centre,  
Browns Lane, LE11 3HE

A mixture of exercises designed to suit an individual's needs. Cost £3.00. Call Charnwood Borough Council's Sport and Active Recreation team on 01509 632535 to book a place

## SATURDAY 14 OCTOBER 2017

### Family Construction Club

1:00pm-3:00pm

Loughborough Library, Granby Street, LE11 3DZ

Enjoy some family time together constructing amazing creations from Lego, Duplo and K'Nex and Jenga blocks. Suitable for children aged three and over. Children must be accompanied by an adult

## ALL WEEK AT LOUGHBOROUGH LIBRARY

Take some time out at Loughborough Library between 9 and 14 October. Browse the range of **'Books on Prescription'**, a collection of specially selected books providing information and self-help techniques to help manage a number of mental health conditions. Enjoy the stress-relieving benefits of **Mandala Colouring** and create some original **book stacking poetry**. There are also activities on offer to celebrate the world of **Alice in Wonderland**.