
World Mental Health Day 2018

What's on in Charnwood...

All activities are free of charge unless otherwise stated. For more information, please call Louise Chance (Neighbourhood Development Officer) on 01509 634764 or email louise.chance@charnwood.gov.uk

MONDAY 8 OCTOBER 2018

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

Mental Health Matters drop-in
12:00pm-4:00pm

Loughborough Jobcentre, Southfield Road, LE11 2TR

Get help and advice about mental health and other issues affecting your wellbeing. No appointment needed

Wiggly 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

Active Minds - Beginner's Pilates
1:00pm-1:40pm

Loughborough Leisure Centre, Browns Lane, LE11 3HE

Session for adults living with or recovering from mental ill health. Cost £2.00.

TUESDAY 9 OCTOBER 2018

Mental Health Matters drop-in
10:00am-12:00pm

Loughborough Library, Granby Street, LE11 3DZ

Get help and advice about mental health and other issues affecting your wellbeing. No appointment needed

Active Minds - Soft Tennis
10:00am-11:00am

Loughborough Leisure Centre, Browns Lane, LE11 3HE

Session for adults living with or recovering from mental ill health. Cost £1.00.

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

Mental Health Matters drop-in
2:00pm-3:00pm

Falcon Centre, 27-31 Pinfold Gate, Loughborough, LE11 1BE
Get help and advice about mental health and other issues affecting your wellbeing. No appointment needed

Make Friends with a Book
2:00pm-3:30pm

Loughborough Library, Granby Street, LE11 3DZ
A weekly group which brings people together to listen to poems and read stories aloud

WEDNESDAY 10 OCTOBER 2018

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 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 10 OCTOBER 2018

E-Safety for Parents

12:30pm-1:30pm

Charnwood Borough Council, Southfield Road,
Loughborough, LE11 2TR

The theme for World Mental Health Day 2018 is 'Young People and Mental Health in a Changing World'. The internet and social media are a part of all young people's lives and it can be hard for parents to keep up with this changing world. Leicestershire Police's Children and Young Person's Officer will be delivering this session aimed at parents or those who work with children. Book a place by calling Louise Chance on 01509 634764 or emailing louise.chance@charnwood.gov.uk

Loughborough Wellbeing Cafe

1:00pm-4:00pm

Schofield Centre, Greenclose
Lane, Loughborough, LE11 5AS

A fun three hours for adults age 18 and over for people living with mental health issues. Open to all.

Shepshed Wellbeing Cafe

1:00pm-3:00pm

Glenmore Centre, Thorpe Road, Shepshed,
LE12 9LU

A fun two hours for adults age 18 and over for people living with mental health issues. Open to all.

THURSDAY 11 OCTOBER 2018

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

Loughborough Health Walk

Meet at 10:30am at John Storer

House, Ward's End, LE11 3HA

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

Active Minds - Badminton

7:00pm-8:00pm

Loughborough Leisure
Centre, Browns Lane, LE11
3HE

Session for adults living with or recovering from mental ill health.
Cost £1.00.

FRIDAY 12 OCTOBER 2018

Singing Cafe For You

10:00am-11:00am

Loughborough Library, Granby
Street, LE11 3DZ

A chance for people living with dementia, mental ill health and their carers to enjoy a sing-a-long

Dementia Exercise Class

11:30am-12:30pm

Loughborough Leisure Centre,
Browns Lane, LE11 3HE

Exercises designed to suit the individual's needs. Cost £3.00.

Call 01509 632535 to book

Mountsorrel Wellbeing Cafe

12:30pm-2:30pm

Soar Valley Leisure Centre, Kingfisher Road, LE12 7FG

A fun two hours for adults age 18 and over for people living with mental health issues. Open to all. Includes mindfulness led by Mental Health Matters

ALL WEEK AT LOUGHBOROUGH LIBRARY

Take some time out at Loughborough Library during the week. 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 **colouring** and find out more about the wide range of activities on offer each week at your local library.