

Mental Health Awareness Week 2019

What's on in Charnwood...

All activities are free unless otherwise stated. For more information please contact Louise Millington on 01509 634764 or email louise.millington@charnwood.gov.uk

MONDAY 13 MAY 2019

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

Walks last around 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

Mental Health Matters Drop-in 12:00pm-2:00pm Loughborough Jobcentre Southfield Road, LE11 2TR

Advice and information about mental health and wellbeing services in the local community

Active Minds Beginner's Pilates 1:10pm-1:40pm

Loughborough Leisure Centre, Browns Lane, LE11 3HE
Session for adults living with or recovering from mental ill health.

TUESDAY 14 MAY 2019

Singing Café 10:00am-11:00am Shepshed Library, Hall Croft, LE12 9AN

Session for people with mental health challenges, dementia and their carers. £3.00 donation per person. Carers need not contribute but must stay for the cafe.

Active Minds Indoor Tennis 11:00am-12:00pm Loughborough Leisure Centre, Browns Lane, LE11 3HE

Session for adults living with or recovering from mental ill health

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

Walks last around an hour and take in a variety of routes

Positive Minds Wellbeing Group 10:30am-12:30pm Fearon Hall, Rectory Road, Loughborough, LE11 1PL

A wellbeing group tailored to women from BAME backgrounds but open to all. A variety of activities on offer each week including crafts, reading and yoga

Active Minds Tai Chi 12:15pm-1:15pm Soar Valley Leisure Centre, Kingfisher Road, Mountsorrel, LE12 7FG

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

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 stories read aloud

Mantra Meditation 6:30pm-7:30pm Marios Tinenti Centre, 91 Russell Street, Loughborough, LE11 1BJ

A chance to try mantra meditation and learn a new way to clear and focus your mind

WEDNESDAY 15 MAY 2019

Green Gym

10:00am-1:00pm

Meet at Gorse Covert, entrance 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 around an hour and take in a variety of routes

Loughborough Wellbeing Cafe

1:00pm-3:00pm

Schofield Centre, Greenclose Lane, LE11 5AS

Drop-in for adults recovering from and living with mental ill health. This week's cafe will focus on body image which is the theme of Mental Health Awareness Week 2019

Shepshed Wellbeing Cafe

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 £1.00 including refreshments

Active Minds Badminton

1:00pm-2:00pm

Loughborough Leisure Centre, Browns Lane, LE11 3HE

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

THURSDAY 16 MAY 2019

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

Mountsorrel Health Walk

Meet 10:30am at Sorrel Youth Café, The Green, Mountsorrel, LE12 7AF

Walks last around an hour and take in a variety of routes

Quorn Health Walk

Meet 10:30am outside the Medical Centre in Quorn Village Car Park, LE12 8BP

Walks last around 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

FRIDAY 17 MAY 2019

Singing Cafe for You

10:15am-11:15am

Loughborough Library, Granby Street, LE11 3DZ

Session for people with mental health challenges, dementia and their carers. £3.00 donation per person. Carers need not contribute but must stay for the cafe.

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