

MENTAL HEALTH AWARENESS WEEK

8th – 14th May 2017

Monday 8th May

Health and Wellbeing Drop In

Cleadon Park Library, 10:00am-1:00pm, Free Event

Join the Change4Life Health and Wellbeing Champions Network for healthy soup and find out how you can use the five a-day for health and happiness to improve your positive mental health. The Mayor will also be launching of South Tyneside's celebration of Mental Health Awareness Week.

Cleadon Park Green Gym

Cleadon Park, 1:30pm-3:30pm, Free Event

The Green Gym encourages people to improve both their physical and mental health whilst improving their local area! For more details contact Tony Cutter on 07894 256059.

Whitburn Walk

Start at Whitburn Cricket Club, 6:00pm-7:00pm, Free Event

For more details contact Sarah Atchison on 07787 339858.

Tuesday 9th May

Cleadon Walk

Start at the Britannia, Cleadon, 10:00am-11:00am, Free Event

For more details contact Sarah Atchison on 07787 339858.

West Boldon Lodge Green Gym

West Boldon Lodge, 10:00am-12:00pm, Free Event

The Green Gym encourages people to improve both their physical and mental health whilst improving their local area! For more details contact Tony Cutter on 07894 256059.

Lunch and Learn

People's Café, 11:45-12:30, Free Event

Come along to find out how to make a seven vegetable curry that is packed with good mood vitamins. It's totally delicious and easy to make.

Self-Advocacy Drop In

Age Concern, Tyneside South, 12:30-1:30, Free Event

Do you know where to begin when life throws a challenge at you? What do you do when a problem appears? Do you want to be able to get things resolved so you can stop worrying, and find a way forward? If so please come along to the Self Advocacy drop in to learn where to begin, where to go and what to do.

Nordic Walking Session

The Word, 12:30pm-1:00pm, Free Event

For more details contact Sarah Atchison on 07787 339858.

Big Local Green Gym

Walter Street, Jarrow, 1:30pm-3.30pm, Free Event

The Green Gym encourages people to improve both their physical and mental health whilst improving their local area! For more details contact Tony Cutter on 07894 256059.

Ocean Road Walk

Start at Ocean Road Community Centre, South Shields, 7pm-8pm, Free Event

For more details contact Sarah Atchison on 07787 339858.

Wednesday 10th May

**Health and Wellbeing Mental Health Awareness Week Coffee Morning
Primrose Library, 10:00am-12:00pm, Free Event**

Join the Change4Life Health and Wellbeing Champions Network to find out about the five a-day for positive mental health, how you can use it to help yourself.

Walking Works Wonders - Health Walk - WHiST

Starting from Whist Centre in South Shields, 10:30am-11:30am, Free Event

For more details of this women only walk contact Sarah Atchison on 07787 339858.

Lifecycle Information Drop In

Alexandra Restaurant, South Tyneside Hospital, 11:00am-1:00pm, Free Event

Come along and meet South Tyneside Lifecycle Primary Care Mental Health Service and find out about positive mental health and how their services can help you.

Tea in the afternoon??

Big Local Jarrow, Jarrow Hub, 1:00pm-3:00pm, Free Event

Pop by for a cuppa in the afternoon and join the Change4Life Health and Wellbeing Champions Network and others to find out about the five a-day for positive mental health, pick up some useful tips on how you can use it to help yourself. Take time out to chat. Drop in to find out about self-advocacy. Pick up a feel good (goody) bag. For more information contact Big Local Central Jarrow on 0191 4281144

Dancercise Session

Arts 4 Wellbeing, Derby Terrace, South Shields, 1:00pm-3:00pm, Free Event

Tropical rain forest and under water meditation, a tranquil relaxation method to feeling great. Come along and try our dancercise session and have fun, feel great and get fit at Arts 4 Wellbeing where people count. For details or to book 0191 454 4004

Thursday 11th May

Coffee Morning

Haven Court, 10:00am-1:00pm, Free Event

Pop into Haven Court for a cuppa and have a chat, there will be information available on a range of issues connected with positive mental health as well as cakes and hand massages provided by the students from South Tyneside College.

Self Advocacy: How you can help yourself

Hebburn Library, 10:30am-12:30pm, Free Event

Do you know where to begin when life throws a challenge at you? What do you do when a problem appears? Do you want to be able to get things resolved so you can stop worrying, and find a way forward? If so please come along to the Self Advocacy session to learn where to begin, where to go and what to do. Places are limited, so for further information please or to reserve a space please contact Donna Apicella on 0191 427 1500.

Chuter Ede Green Gym

Chuter Ede Community Centre, 10:00am-12:00pm, Free Event

The Green Gym encourages people to improve both their physical and mental health whilst improving their local area! For more details contact Tony Cutter on 07894 256059.

South Marine Park Walk

Starting at gates opposite Marine Pub, South Shields, 10:00am-11:00am, Free Event

For more details contact Sarah Atchison on 07787 339858.

Whitburn Walk

Starting at Barnes Institute, Whitburn, 10:00am-12:00pm, Free Event

For more details contact Sarah Atchison on 07787 339858.

Friday 12th May

Information Event

Cleaton Park Library, 10:00am-1:00pm, Free Event

This day will provide an opportunity for individuals and members of the local community to engage with providers of services, as well as giving the chance to local organisations and partners to showcase the quality and quantity of services available within South Tyneside. Come along and find out more.

Monkton Community Woodland Green Gym

Monkton Community Woodland, 10:00am-12:00pm, Free Event

The Green Gym encourages people to improve both their physical and mental health whilst improving their local area! For more details contact Tony Cutter on 07894 256059.

Ocean Road Walk

Start from Ocean Road Community Centre, 10:30am-11:30am, Free Event

For more details contact Sarah Atchison on 07787 339858.

Nordic Walking Session

The Word, 12:30pm-1:00pm, Free Event

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Involving The People Of South Tyneside In Health Issues

