

World Mental Health Day 2016

| Event | Date & Time | Venue | Organisation/ Contact |
|--|---------------------------------------|--|---|
| 4 Team Challenge and Coffee and Connect | From 3 October | Stewartstown Road, Health Centre | Noelle Hollywood For staff working in Stewartstown Rd Health Centre |
| 'Coffee and Connect' | 4 October 11.00am - 1.30pm | Community Café Flagship Centre, Main Street, Bangor | NDCN - Greg Martin Tel: (028) 9147 5783 Everyone welcome Honesty box operated just give what you can |
| Creative Writers Book Launch | 5 October 10.00am | Community Hub Workshop Flagship Centre, Main Street, Bangor | NDCN- Greg Martin Tel: (028) 9147 5783 Free event |
| Coffee and Craft Session | 5 October 10.00am - 12.00 noon | Mind Wise Resource Centre 3 Ballydugan Industrial Estate, Downpatrick | MindWise - Downpatrick Email: Downpatrick@mindwisenv.org or Tel: (028) 4461 7964 Everyone welcome |
| Poetry Reading | 6 October 4.00pm - 5.30pm | Community Hub Workshop Flagship Centre, Main Street, Bangor | NDCN - Greg Martin Tel: (028) 9147 5783 Free event |
| Belong Project - Ethnic Minorities Workshop | 7 October 10.00am - 1.00pm | Community Hub Workshop Flagship Centre, Main Street, Bangor | NDCN- Greg Martin Tel: (028) 9147 5783 Free event |
| Health Fare and Community Arts Project | 8 October 1.00am - 2.00pm | Community Café Flagship Centre, Main Street, Bangor | Ards & North Down Council funded event in partnership with AMH and NDCN NDCN- Greg Martin Tel: (028) 9147 5783 Open to all / Free event |
| Coffee and Connect | 10 October 10.00am - 12.00 noon | Level 4, Lisburn Health Centre | Elaine Hardy - Health Development Tel: (028) 9250 1380 Open to all staff in Lisburn Health Centre Free Event |
| Mindfulness session and Light Lunch | 10 October 1.00pm - 2.00pm | Mawhinney Hall Ards Hospital | Alison Doake - Health Development Tel: (028) 9151 0282 Open to all Trust staff in Ards Free event |
| Regional Recovery Conference | 10 October | Antrim | Anna Devlin, IMROC Coordinator Email : Anna.devlin@setrust.hscni.net |
| Lunch and Learn 'Strength & Balance' Workshop & Tour of Aurora | 10 October 1.00pm | Aurora Leisure Centre, Bangor | Barbara Coffey Email: b.coffey@beaconwellbeing.org |
| 'Coffee and Connect' and 'Be Active' Taster Session | 10 October | Ballymote Centre, Downpatrick | EDRCN - Paula Nixon, Ballymote Centre Open to staff only |
| Coffee Morning | 10 October 10.00am | Kircubbin Community Centre | Sheila Bailie, Peninsula Health Living Partnership 4 church Grove, Kircubbin Tel: (028) 4273 9021 |
| 'Coffee and Connect' | 10 October 10.00am - 12.00noon | North Down YMCA , Bangor | Helen Clarke, North Down YMCA, 10 -12 High Street, Bangor Open to clients and general public |
| Downpatrick Home Start Walk | 10 October | Meeting point Beach Car park beside Slieve Donard Newcastle | Downpatrick Home Start For Home Start Volunteers and members of the Public |
| 'In Your Phone Day' and short video of 'Take 5' | 10 October | All SERC Colleges | Paul Walsh For all SERC Students |
| Taster 'exercise sessions' in Tai Chi, Zumba and dancing Walk - High way to Health | 10 October 12.30pm - 3.30pm | Resurgam Trust | Joanne Casey - Tel: (028) 9267 0755 Resurgam Trust, Laganview Enterprise Centre, 69 Drumbeg Drive, Old Warren, Lisburn |
| Chi Mi taster session | 10 October 1.30pm - 2.30pm | Community Hub Workshop Flagship Centre, Main Street, Bangor | For further information please contact : Selwyn Johnston AMH New Horizons North Down & Ards Email sjohnston@amh.org.uk Tel: (028) 9182 2410 |
| Healthy Lunch & Activity | 10 October 1.00pm | AMH, New Horizons, Derriaghy | Eoin McAuff - New Horizons , Derriaghy For AMH Clients |
| Peer Awards Ceremony for Peer Advocates | 10 October | Derriaghy Education Centre | Anna Devlin - Email: Anna.devlin@setrust.hscni.net For those completing the Peer Advocacy Course |
| Senior's Tea Dance | Monday 10 October 11.00am - 3.00pm | Youth Initiatives Centre Colin Road | Maureen Bruce Free event Music, buffet and guest speaker |
| 'Coffee and Connect' | 11 October 11.00am - 1.30pm | Community Café Flagship Centre, Main Street, Bangor | NDCN- Greg Martin Tel: (028) 9147 5783 Honesty box operated just give what you can |
| 'Green Gym' | 11 October 1.00pm - 3.00pm | Kircubbin Community Centre | Sheila Bailie, Peninsula Health Living Partnership 4 church Grove, Kircubbin Tel: (028) 4273 9021 |
| Screening of 'Live Life in Colour' #one thing | 11 October 10.30am - 12.00noon | Belfast City Hall | For further information please contact : Selwyn Johnston AMH New Horizons North Down & Ards Email sjohnston@amh.org.uk Tel: (028) 9182 2410 |
| 'Gently does it' | 12 October 11.00am - 12.00noon | Kircubbin Community Centre | Sheila Bailie, Peninsula Health Living Partnership 4 church Grove, Kircubbin Tel: (028) 4273 9021 |
| 'Be Active and Connect Session' and Health Fare | 12 October 10.00am - 12.30pm | Downpatrick Leisure Centre | Alison Doake Email- Alison.doake@setrust.hscni.net Everyone welcome/ Free event |
| Mindfulness session | 12 October 2.30pm - 3.30pm | Scrabo View, Newtownards | For clients only |
| Relaxation & Wellbeing Session | 13 October 11.30am -12.30pm | Kircubbin Community Centre | Sheila Bailie, Peninsula Health Living Partnership 4 church Grove, Kircubbin Tel: (028) 4273 9021 |
| Coffee and Connect | 13 October Morning | Café Vic Ryn, Lisburn | Open to Carers Please book a place by contacting Carer.support@setrust.hscni.net or Tel: (028) 9756 5456 |
| When Mary Met Mohamed A special showing of a documentary film on immigrants arriving in Tanzanian | 13 October 4.00pm - 6.30pm | Community Hub Workshop Flagship Centre, Main Street, Bangor | NDCN- Greg Martin Tel: (028) 9147 5783 |
| Coffee and Connect | 14 October Morning | Hillmount, Bangor | Open to Carers Please book a place by contacting Carer.support@setrust.hscni.net or Tel: (028) 9756 5456 |
| Wellbeing Drop In Event- with guest speaker | 14 October 9.30am - 12.00noon | Kircubbin Community Centre | Sheila Bailie, Peninsula Health Living Partnership 4 church Grove, Kircubbin Tel: (028) 4273 9021 |
| Connect, Care & Share Event | 14 October | The Junction , Dungannon | For further information please contact: familiesvoicesforum@gmail.com or Tel: (028) 7161 1384 |