

Event	Where and when	Aimed at	Activity open to volunteers or organisations to get involved in	Contact
Saturday 6th October				
<p>Colouring extravaganza for Mindfulness Help colour our large mindful owls to stamp your support for better mental health awareness</p>	<p>10am – 4pm Gazebo, Old Bond Street, Bath</p>	<p>Anyone</p>		<p>Paul Cooper PaulCooper@bathmind.org.uk</p>
<p>Flash mob choir A wellbeing project that is accessible for all abilities. The chosen song will be rehearsed at different locations before the event and then performed in Bath</p>	<p>Performances in central Bath, starting with a rehearsal at Milsom Room, Manvers St Church at 10am.</p> <ul style="list-style-type: none"> • Old Bond Street, 11.30am • Bath Abbey, 12pm • Southgate shopping centre, 12.30pm 	<p>Anyone</p>	<p>Open to staff, volunteers and service users alike.</p>	<p>Helen Brian helen.brian@nhs.net Lee Rawlings l.rawlings@nhs.net</p>
<p>Talk mental health gazebo Free wellbeing cakes, fun and stigma reducing lifestyle activities</p>	<p>11am – 2pm, Old Bond Street (outside Gap)</p>	<p>Anyone</p>	<p>Any team or group wanting to run an activity</p>	<p>Lee Rawlings l.rawlings@nhs.net Ralph Lillywhite ralph.lillywhite@mungos.org</p>
Sunday 7th October				
<p>Talk and breathe relaxation Talk on ‘Stress and the human nervous system, and cutting edge theory regarding how we manage this and decompress via the Breath, T.R.E. and other methods.’ Talk to be followed by a guided breathe relaxation</p>	<p>11.30 -12.20pm Bath Yoga Studio (Near Green Park)</p>	<p>Everyone</p>	<p>Everyone – both those supporting young people, and young people,</p> <p>Call Deborah to book. Limited availability.</p>	<p>Deborah Maddison deborahjmaddison@gmail.com www.healingspace.co 07498 665385 www.healingspace.co/TRE-events</p>

Wednesday 10 th October				
<p>Hot on the Wellbeing Trail Minibus tour to various venues to take part in everyone's activities, each one focusing on a different way to wellbeing.</p>	Various venues	Anyone	We'd love for other organisations to get involved in the planning and have their volunteers and clients join us on the day	Paul Rimmer Paul.Rimmer@mungos.org
<p>Art in the city The Cabinet of Compassion is a place where you can stop for a moment to refill, take what you need, delete your worries on the Worry Deleting machine and contribute to our manifesto of self-compassion.</p>	8.30am-5pm Outside Bath Spa Railway Station	Local schools		Ailsa Eaglestone ailsaeaglestone@bathmind.org.uk Bath Mind and Artist Ali Brown
<p>Positive mental health in schools Lesson plan and activity ideas. Encouraging schools to use on WMH day</p>	Schools	Teachers - to be emailed to all schools	No	Clare Laker Clare_laker@bathnes.gov.uk
<p>Connect 5 training – session 1 An accessible training course for anyone wanting to build confidence in having conversations about mental health and wellbeing with those around them.</p>	9.30-12.30 Guildhall, Bath	Anyone interested in having conversations about mental health	Volunteers welcome	Clare Laker Clare_laker@bathnes.gov.uk Paul Wilson Paul.wilson@virgincare.co.uk Please register, using the link below https://www.eventbrite.co.uk/e/connect-5-training-10th-october-930-1230-2018-tickets-49601800320
<p>Managing Mental Health in the Workplace Find out how to support your employees at work</p>	09.30 - 4pm Lunch provided at 12.30, Royds Withy King, Bath	Line managers and HR professionals		Hannah Roper hannahroper@bathmind.org.uk
<p>Get Set to Go @ the Bath Mosque Have a go at fun sporty and physical activities in a non-competitive, supportive setting. For female attendees.</p>	9.45am -11.45am	Any female		Ailsa Eaglestone ailsaeaglestone@bathmind.org.uk Supported by Get Set to Go volunteer Fatima

<p>Animal Encounter Get hands-on with our friendly farmyard family.</p>	<p>10am-12pm Bath City Farm</p>	<p>16-25 year olds</p>		<p>Kilda Meadows kilda@bathcityfarm.org.uk</p>
<p>Growing for Mental Wellbeing Join our Wednesday volunteers to help keep our gardens gorgeous.</p>	<p>10am-12pm Bath City Farm</p>	<p>Anyone 18+ interested in gardening for mental wellbeing</p>		<p>Sara Chapple sara@bathcityfarm.org.uk</p>
<p>Guided walk An hour-long walk round the farm's 37 acres, led by one of our volunteers.</p>	<p>10am-12pm Bath City Farm</p>	<p>Anyone - (please note the farm site is on a steep hill, so a degree of fitness will be needed)</p>		<p>Sara Chapple sara@bathcityfarm.org.uk</p>
<p>Cook and share lunch Learn cooking skills, eating healthily on a budget, food and mood.</p>	<p>10am – 1pm Bath City Farm</p>	<p>Everyone</p>	<p>Everyone</p>	<p>Sue.smart@virginicare.co.uk</p>
<p>Time to Talk Promoting conversations helping people to connect with others using the 5 ways to wellbeing being and promoting anti-stigma</p>	<p>11am – 1pm Carer Hub to the left in the RUH main entrance (Atrium) foyer</p>	<p>Anyone</p>	<p>Yes especially anyone with lived experience who would like to help the Time to Change volunteer champions break down barriers through conversation</p>	<p>Paul Cooper PaulCooper@bathmind.org.uk</p> <p>Ailsa Eaglestone ailsaeaglestone@bathmind.org.uk</p>
<p>How Are You?</p>	<p>Lunchtime period Mendip School and Writhlington School and 6th Forms</p>	<p>Students</p>		<p>Philippa Forsey Philippa@creativityworks.org.uk</p>

<p>Get Set To Go Running technique sessions with Hannah the runner. Drop in for 10 minutes or stay for the hour</p>	<p>12pm – 1pm Outside Bath Spa University</p>	<p>Anyone</p>		<p>Ailsa Eaglestone ailsaeaglestone@bathmind.org.uk</p>
<p>Cycling for all Free use of cycle circuit, plus bikes, trikes and tandems</p>	<p>Odd Down Sports Ground 12pm – 2pm</p>	<p>Anyone</p>		<p>Virgin Care</p>
<p>Find out about volunteering This will include:</p> <ul style="list-style-type: none"> • Volunteering opportunities – find out what’s available in BANES from volunteer centre and directly from organisations • Volunteering training – find out and sign up to free volunteering training • Volunteer pass – find out and sign up • Networking opportunity between the volunteers and staff involved 	<p>1pm – 3pm Bath City Farm Kelston View, Bath, BA2 1NW</p>	<p>Anyone interested in volunteering</p>	<p>Organisations who utilise volunteers please be part of the event</p>	<p>helen@bathcityfarm.org.uk sarah@bathcityfarm.org.uk</p>
<p>Peer mentoring and social prescribing Find out about the benefits and challenges from St Mungo’s, AWP, DHI</p>	<p>1pm – 3pm Bath City Farm</p>	<p>Anyone interested in volunteering</p>	<p>Yes Especially anyone with lived experience of mental health challenges</p>	<p>Paul Rimmer paul.rimmer@mungos.org Claire Lawrence c.lawrence1@nhs.net VeronicaKuperman@dhi-online.org.uk</p>
<p>Crafting w Join our Crafty Wednesday volunteers for some sociable creativity</p>	<p>13.30pm- 15.30pm Bath City Farm Community Room</p>	<p>Anyone 18+</p>		<p>Alexia Tibbs alexia@bathcityfarm.org.uk</p>
<p>Mini health checks</p>	<p>2pm – 3pm Twerton Village Hall</p>	<p>Anyone</p>		<p>Virgin Care Sue.smart@virginicare.co.uk</p>
<p>Get Set to Go Taster sessions in volleyball, badminton, keep fit and movement</p>	<p>2-4pm Twerton Village Hall</p>	<p>Anyone</p>		<p>Ailsa Eaglestone ailsaeaglestone@bathmind.org.uk</p>

<p>Psychosis Awareness Training</p>	<p>12pm – 2pm, Bath Spa University</p> <p>2.30pm – 4.30pm Council Chambers Guildhall, Bath</p>	<p>Students at Bath Spa University</p> <p>Members of the public and all voluntary and statutory organisations with an interest in finding out more about psychosis and what treatments are available.</p>	<p>Students at Bath Spa University</p> <p>Open to all interested parties. Special interest to organisations that work with young people.</p>	<p>Elena Ely 01225 360762</p>
<p>Stop Smoking Specialist Advice Learn how stopping smoking can improve mental health. Learn about strategies, support and products to help you quit.</p>	<p>3pm – 4pm Chillout Café Salvation Army Citadel</p>	<p>Everyone</p>	<p>Everyone</p>	<p>Sue.smart@virgincare.co.uk</p>
<p>Chillout Café Cakes and savouries and other activities to be confirmed</p>	<p>3pm – 5pm Salvation Army Citadel, Green Park Road</p>	<p>Particularly focused on those under 25</p>		<p>Shaun Steer SHAUN.STEER@DWP.GSI.GOV.UK</p>
<p>Kindness Rocks Pebble painting</p>	<p>3pm-5pm Bath City Farm</p>	<p>Anyone</p>		<p>Lee Rawlings l.rawlings@nhs.net</p>
<p>Talk and Breathe Relaxation Talk on ‘Stress and the human nervous system, and cutting edge theory regarding how we manage this and decompress via the Breath, T.R.E. and other methods.’ Talk to be followed by a guided breathe relaxation</p>	<p>6.30pm – 7.20pm Healing Space Studio 33, Lower Whitelands, Radstock</p>	<p>Everyone</p>	<p>Call Deborah to book. Limited Availability.</p>	<p>Deborah Maddison deborahjmaddison@gmail.com www.healingspace.co 07498 665385 www.healingspace.co/TRE-events</p>

<p>Walk and food Bath Food Cycle - Celebrating by walking and picnicking in the park, to notice the natural environment</p>	7.00 – 8.00pm	Regular members who have mental health concerns		<p>Carol Rust carolrust8284@gmail.com</p>
<p>Music gig – Wildwood Kin & Littlemen Booking: Chapel Arts Centre</p>	7.30pm - 10:30pm Chapel Arts Centre	Anyone		<p>Philippa@creativityworks.org.uk</p>
<p>Friday 12th October</p>				
<p>Writing Space An evening of short readings and poetry by Writing Space</p>	7pm-9pm Upstairs St James' Wine Vaults	Anyone		<p>Philippa@creativityworks.org.uk</p>

