

Shetland Mental Health Awareness Week

13-19TH MAY 2019

Mental Health Awareness Week - What's on

May 2019

Monday 13th

Key event

**Drop in session -
Town Hall, Lerwick
1-3pm & 4-7pm**

A range of local organisations connected to mental health will be here to speak about their services. Breathing Space and The Scottish Recovery Network are visiting and will be running discussion/ information sessions.

**Memory Lane Cafe
Moorfield Hotel, Brae
10am-12noon**

Hosted by Alzheimer Scotland, offers an opportunity to meet with the Dementia Advisor, Dementia Nurse Consultant and Lead Nurse.

**Clickimin Free Open Tour
12-2pm**

Meet at Clickimin Reception

A chance to look around Clickimin including the new gym, find out more information about classes, memberships and chat to staff. Tour can be as long or as short as you wish. Physical activity has many positive links to mental health and keeping active in our local leisure centers is great way to do this

**Grubby Hut session
RSM UK Tax and Accounting Limited**

run by Mind Your Head

This is a private event but if you would like to book a Grubby Hut for your organisation please get in contact with Mind Your Head.



**Grubby Hut session
Scatsa Airport**
run by Mind Your Head

This is a private event but if you would like to book a Grubby Hut for your organisation please get in contact with Mind Your Head.

Watch out for

**'Be Body Kind' Social Media
Launch
5pm**

Mind Your Head Facebook



Tuesday 14th

**'Lunchtime Mindfulness' -
Conference Room, Market House
12.30pm**

Spaces limited, please book by phoning the Mind Your Head office on 01595745035 or emailing anouska.civico2@shetland.gov.uk

**Clickimin Open Tour
12-2pm**

Meet at Clickimin Reception
(see Monday's activity)



**Befriending Open Doors
Market House**

2-4pm

Befriending are opening their doors to the public to go along and find out what their services offer and speak to staff.

**Peerie Wander
Cornerstone, Scalloway
2pm start**

Come and join an organised walk with others, being physically active is so great for our mental health.

**Peerie Wander
Mareel, Lerwick
2pm start**

Come and join an organised walk with others, being physically active is so great for our mental health.

**OPEN Project Mental Health and Wellbeing Discussion
Market House
6-8:30pm**

A chance to come along and chat about all things related to stress. An open discussion for 18-25 year olds.

**Creative Labs: Acting and Performance Skills
Mareel Green Room
7pm**

A creative space to build confidence with performing to an audience while learning key acting techniques

**Aqua Aerobics
Whalsay Leisure Centre
7:30pm**

Come and try Aqua Aerobics at the Whalsay Pool, perfect for beginners .

Physical activity and mental health have so many positive links, helping you to feel better.

**Film Quiz, Mareel
7:30pm**

Using our minds and socializing have both been shown to have positive links with mental health. Cost of £10 per team.

Wednesday 15th

Key event →

**Drop in session -
Moorfield Hotel, Brae
12:30-2pm**

A range of local organisations connected to mental health will be here to speak about their services. The Scottish Recovery Network is visiting and will be running discussion/information sessions.

**Open Studios
Sellafirth Business Park, Yell
11am**

weaving demos, research library and tweed info.

**Food For the Way Wednesday Lunch Club
9 Hill Head, Lerwick
11am open doors, 12:30pm Lunch Served**

Go along to Food for the Way to find out more about what services they offer from 11am. You are welcome to stay for lunch which will be served at 12:30pm.

**"Self Esteem" with P7s
Sound School**

Mind Your Head is running a session around young people getting to know themselves and understand who they are as well as the pressures of social media. This is a closed session for the school, however if you are interested in a similar event for your organisation, please get in touch with Mind Your Head.

**Clickimin' Open Tour
12-2pm
Meet at Clickimin Reception
(see Monday's Activity)**

**Gym Taster Session
Whalsay Leisure Centre
2-3pm**

Come and have a go in the gym with a member of staff present to help you and answer any questions.

**Bookbug Toddler Session
Shetland Library, Old Library Centre
2pm**

Toddler sessions include active songs and rhymes, a longer story plus lycra games.

**Introduction to Tai Chi -
Islesburgh
6-7:30pm**

Spaces limited therefore please book by phoning the MYH office on 01595745035 or emailing charity.johnson@shetland.org

**Wellbeing Crafts - Mareel
7pm**

A relaxing craft session, providing suggestions and small projects to work on, which will help you to create lovely handmade crafts. £2 per person, book in advance.

Thursday 16th

**Beginners FBX
Whalsay Leisure Centre
9am**

Come and try FBX in a toned down beginners version of the class.

**Memory Lane Cafe
Quoys Baptist Church, Lerwick
10am-12noon**

Hosted by Alzheimer Scotland, offers an opportunity to meet with the Dementia Advisor, Dementia Nurse Consultant and Lead Nurse.

**Aqua Aerobics
Whalsay Leisure Centre
10:30am**

Come and try Aqua Aerobics at the Whalsay Pool, perfect for beginners. Physical Activity and Mental Health have so many positive links helping you to feel better.

**Clickimin Open Tour
12-2pm
Meet at Clickimin Reception
(see Monday's Activity)**

**Shetland Resolve Open Doors
Caradon, Virkie
12-4pm**

Motivational Coach and Therapist Diane Taylor is opening her doors to the public to come and see what services she offers.

**Grubby Hut session
RSM UK Tax and Accounting Limited**
run by Mind Your Head. This a private event but if you would like to book a Grubby Hut for your organisation please get in contact with Mind Your Head.

**Grubby Hut session
Scatsa Airport**
run by Mind Your Head
This is a private event but if you would like to book a Grubby Hut for your organisation please get in contact with Mind Your Head.

Friday 17th

Synergy Taster Session
Whalsay Leisure Centre
9:30-10:30am

Come out try out the synergy with a member of staff present to help and answer any questions.

Bookbug Baby Session
Shetland Library, Old Library Centre
10.30 – 11.15am

Baby sessions include simple songs, rhymes and stories.

Memory Lane Cafe
Overtonlea Day Centre, Levenwick
11-2pm

Hosted by Alzheimer Scotland, offers an opportunity to meet with the Dementia Advisor, Dementia Nurse Consultant and Lead Nurse.

Clickimin Open Tour
12-2pm
Meet at Clickimin Reception
(see Monday's Activity)

Voluntary Action Shetland (VAS) doors open to public
Market House
2-4pm

VAS will be opening their doors to the public to pop along and see what services they offer and how they can help you.

Mind Your Head doors open to public
Market House
2-4pm

Come along to find out more about the services, This is also the day Mind Your Head will be launching 'Feel Good Bags'.

Carers Support service doors open to public
Market House
2-4pm

Doors open to public with staff available to talk to, find out more about the services offered and how they can help you.

Link Up doors open to public
2:30-4:30pm
8 Commercial Street, Lerwick, Shetland, ZE1 0AN
Tel: 01595 693313

Saturday 18th

Bressay Parkrun
Bressay
9.30am

Head over to Bressay to try Parkrun, you can run or walk as much or as little of the route as you wish. Please note - if you wish your time to be recorded please pre-register on park run website.

Physical activity has many benefits linked to mental health.

Clickimin Open Tour
12-2pm

Meet at Clickimin Reception
(see Monday's activity)

Sunday 19th

Clickimin Open Tour
12-2pm

Meet at Clickimin Reception
(see Monday's Activity)

Bake Sale
Gulberwick Hall
2pm

fundraiser for Crohns/Colitis UK
and Circa

Strawberry Teas
Tingwall Hall
2pm

hosted by the Shetland Federation SWI

This calendar was created by the Shetland Mental Health Forum.

The forum is a group of individuals and organisations who come together to help influence the future of mental health in Shetland. The forum is open to anyone to join, please message Harold Massie, Chairman, for more information on hmassie49@gmail.com