

# Mental Health Awareness Week 9th-15th May Events

Get involved!



Working together to  
improve the health  
and wellbeing of our  
communities

# Mental Health Awareness Week

9 - 15 May 2022

#IveBeenThere



Here is information on events across Bedfordshire, Luton and Milton Keynes happening during mental health awareness week. Please note there is likely to be other events and activities happening during the week. Look out for local information on these and others ways to get involved!



**Beds  
RCC**

**Bedfordshire Rural Communities Charity**



Beds RCC work across Bedfordshire supporting their communities with a wide and varied approach. From Community Transport, to Good Neighbour Schemes, Healthy Walking and Social Prescribing.

They are hosting FREE bookable walks supported by a social prescriber through MHAW. Click on the below links to book:

<https://www.eventbrite.co.uk/e/mental-health-awareness-week-walk-tickets-330604114807>

<https://www.eventbrite.co.uk/e/mental-health-awareness-week-walk-tickets-329787883437>

Outside of MHAW they host FREE walks across Bedfordshire, see here for info: [Walking 4 Health - Your Wellbeing Bedfordshire](#)

## **Loneliness & Isolation PM**

### **Event date and time**

**Date: Monday 9 May 2022**

**Time: 6:00pm -to 7:00pm**

### **Event description**

This workshop will explore what it means to feel lonely and isolated. Desiring contact and feelings of closeness with others is a normal human desire; we are a social species and are programmed to be around others. Loneliness is the feeling we get when our need for rewarding social contact and relationships is not met.

Do you sometimes feel lonely and isolated?

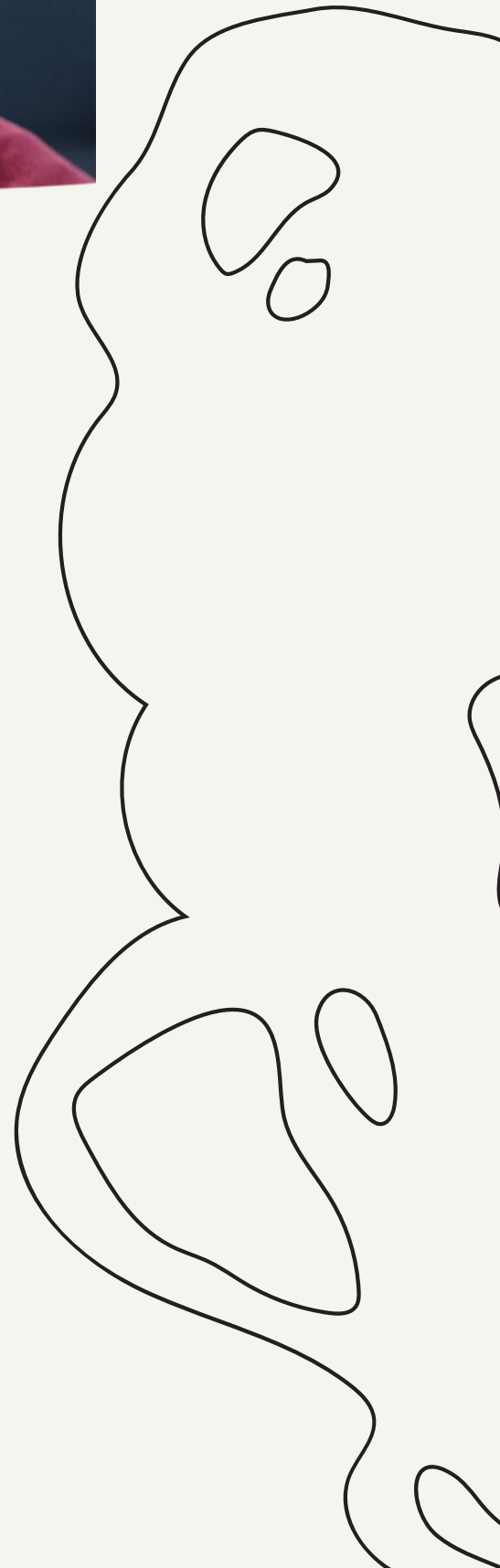
Then do join us for an interactive talk on ways to overcome feelings of loneliness and isolation

### **Follow this link to book on:**

<https://www.totalwellbeingluton.org/talking-therapies/wellbeing-webinars>



The Talking Therapy Teams are very pleased to offer pre-recorded webinars which can be accessed any time. They include Improving Motivation, Managing Stress, Managing Worries, and Improving Sleep. The topics will be regularly updated so please keep checking the website at: [BLMK Events :: MK Talking Therapies](#).



# St John Ambulance Webinars & E-Learning



## FREE WEBINARS

Across Mental Health Awareness Week, we will be hosting an online webinar session. Completely free of charge, discover our vision for wellbeing in the workplace and give your employees time within the week to consider their own mental health. Sign up [here](#)



## FREE E-LEARNING

From 9th – 13th May we will release a series of free mental health e-learning modules. Aimed at anyone who has an interest in or is starting their journey into mental health. Until 31st May, you can learn 'the basics' and 'common misconceptions'. Register [here](#)



# For Men To Talk

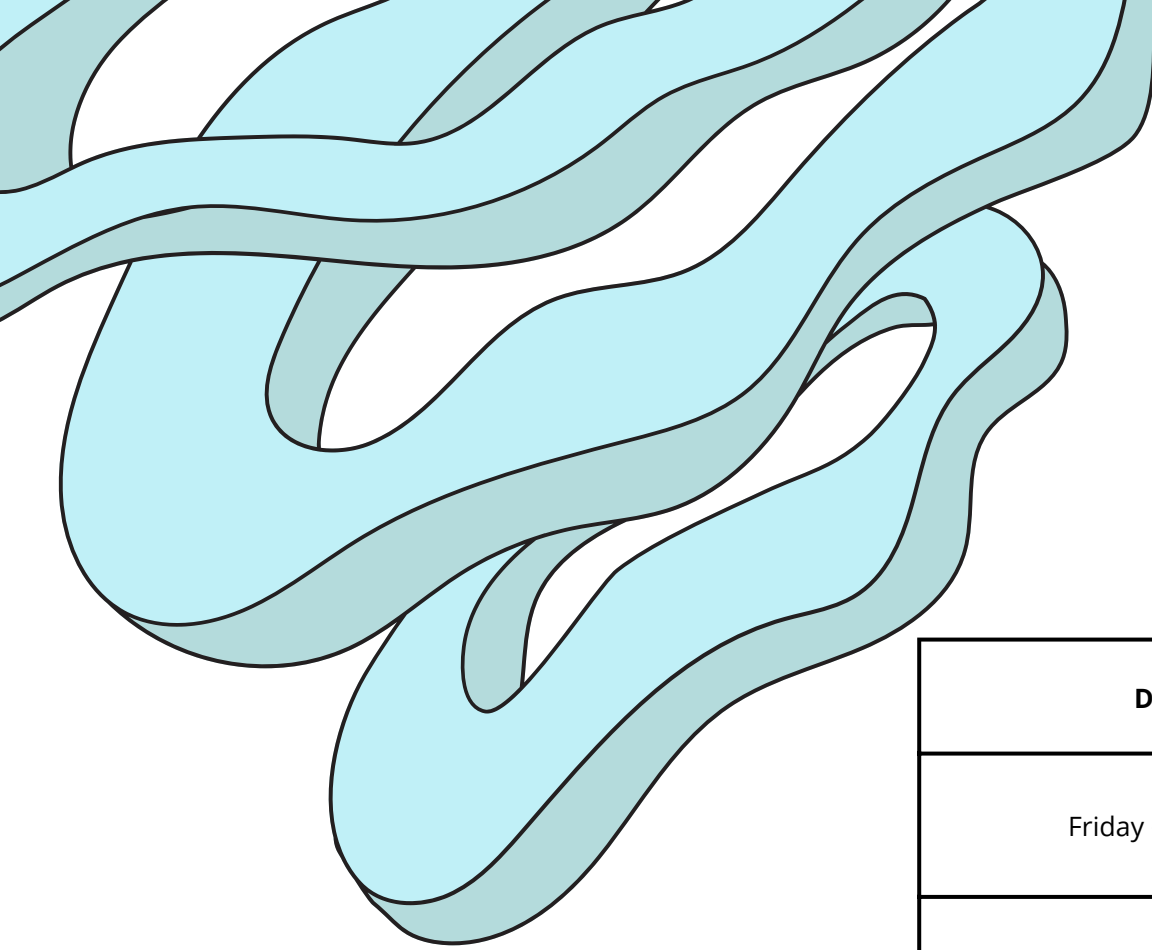
A chance for men suffering with anxiety, depression and grief to talk with other fellow sufferers.

## **Events**

Luke Newman - For Men To Talk (Guest)  
Sun 8 May: For Men To Talk... and Walk.  
Starts at 9.30am in Biggleswade.

Luke Newman - For Men To Talk (Guest)  
Tues 10 May: For Men To Talk Face-to-Face Group  
Meeting in Biggleswade. (6pm-8pm)

Telephone: 07709 446480 (Luke Newman)  
Email: [formentotalk@hotmail.com](mailto:formentotalk@hotmail.com)  
[www.facebook.com/formentotalk](http://www.facebook.com/formentotalk)  
[www.twitter.com/formentotalk](http://www.twitter.com/formentotalk)  
[www.instagram.com/formentotalk](http://www.instagram.com/formentotalk)  
[www.linkedin.com/company/formentotalk](http://www.linkedin.com/company/formentotalk)



# Bedfordshire & Luton Recovery College



Recovery College

Day	Time	Title of course	Where
Friday 6th May	10am	Mental Health for Beginners	Bedford
Tuesday 10th May	11am	Raising Spirits Coffee Morning Online	Zoom
Tuesday 10th May	10am	Mental Health, Everybody's Journey Online	Zoom
Wednesday 11th may	7pm	Talking about Mental Health and The Menopause	Zoom
Thursday 12th May	7.30pm	Caring & Mental Health: Mental Health Support for Carers	Zoom

If you would like a space on any of these courses please enrol here:

[https://mindrecovery.net.org.uk/providers\\_profile/bedfordshire-and-luton-recovery-college/](https://mindrecovery.net.org.uk/providers_profile/bedfordshire-and-luton-recovery-college/) unless you have previously attended a course with them, then email on [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net)

If you would like more information or to enrol over the phone please call on 01234 263621 (Bedford) and 01582 708917 (Luton) or email [elft.recoverycollege@nhs.net](mailto:elft.recoverycollege@nhs.net).



Join us for our

LIFE EVENT  
OPEN DAY



Lighthouse  
Young  
Peoples  
Group

Peer  
Mentoring

MK Crisis  
Recovery  
Service

Crisis  
Cafe

Mind  
Matters

Peer  
Support

at Luton Wellbeing Centre



Suicide  
Prevention  
Pathways  
Service



Thursday 12th May 2022  
10.00am - 6.00pm

Mind BLMK, Luton Wellbeing Centre, 46-56 Dumfries Street, Luton LU1 5BP





# British Red Cross

## **Tackling loneliness**

**Time length: 60 minutes**

**Group size: 5 to 15**

**Delivery: Online (individual and group),  
face-to-face (eligible groups only)**

### **Description:**

This workshop aims to give you the opportunity to speak openly about how it might feel to be lonely or isolated and learn skills to help others who may be suffering. Using group discussion to address the complex causes and effects of loneliness, there will be a chance to reflect and share personal experiences too. We will also discuss and practise how to be an effective listener in order to support others.

Book [Here](#)

# Free Loneliness Webinars

## **Exploring loneliness openly**

**Time length: 60 minutes**

**Group size: 5 to 15**

**Delivery: Telephone (individual and group)**

### **Description:**

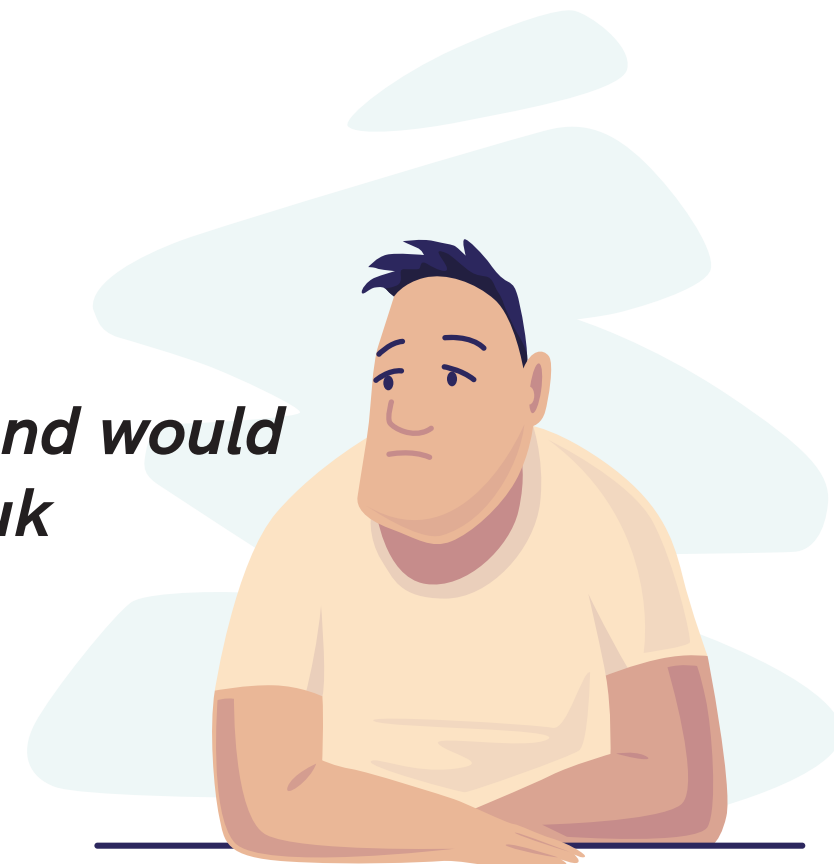
This workshop aims to give you the opportunity to speak openly about how it might feel to be lonely or isolated and learn skills to help others who may be struggling. During this group call we'll address the varying causes and effects of loneliness, with the chance to reflect and share personal experiences. We will discuss approaches to helping others and how to be an effective listener.

Book [Here](#)

# Thank you for supporting for Mental Health Awareness Week



*If you have information on an event for Mental Health Awareness week and would like this sharing please email: [Sophie.Jordan@milton-keynes.gov.uk](mailto:Sophie.Jordan@milton-keynes.gov.uk)*



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improve the health  
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