



Kingston Mental Health Festival



5th October -
14th October **2015**

Including World Mental Health Day 10th October

Programme



With activities from **workshops for parents and children** and **wellbeing events to coffee mornings and talks** – there's something for everyone.

For information and advice about mental health please contact Mind in Kingston on **020 8255 3939** or at info@mindinkingston.org.uk.

Introduction to Kingston Mental Health Festival

One in four people will experience a mental health condition in their lifetime, making this one of the most common health conditions around. Conditions can range from stress to schizophrenia but the most widespread ones are anxiety and depression.

This means that in a street of 200 residents, 50 of your neighbours will have, or have experienced a mental health condition.

Despite this statistic, mental health is still not given parity with physical health and people can be subjected to prejudice, discrimination and social exclusion.

The Kingston Mental Health Festival is aimed at reducing this stigma, raising awareness and understanding, and above all showing people that it is not only possible to live with a mental health condition, but that you can recover successfully and maintain your mental wellbeing. It coincides with **World Mental Health Day** on the 10th of October, which

has a different theme each year; this year it is 'Dignity and Mental Health'.

The events that have been organised will focus on mental wellbeing, and offer a range of activities as well as information, access to support, and the opportunity to talk about mental health in a non-judgemental way with people who have experienced it. See the next page for a listing of the events and activities taking place.

Rianne Eimers
CEO, Mind in Kingston

For more information about mental health, you can contact Mind in Kingston at www.mindinkingston.org.uk. National Mind has a wealth of information about mental health conditions, accessing services and the law at www.mind.org.uk.

Programme of Events

5th October – 14th October 2015



in Kingston

Full listings of events are available on the Mind in Kingston website www.mindinkingston.org.uk/events-calendar.asp

26th September

Late Summer Fair

11.30am - 2.30pm

Fircroft, 96 Ditton Road, Surbiton Surrey KT6 6RH

Description:

Refreshments, bric-a-brac, tombola, good as new items, raffle, crafts, plants, cakes, games and much, much more!
Entrance 50p, children – free

Contact: Ann on 020 8399 1772 or ann@thefircrofttrust.org

Monday 5th October

MENA Women's Group

12noon - 2pm

Milaap Centre, Murray House, Acre Road, KT2 6EE

Description: Showcase of activities for the mental and physical wellbeing of migrant women, including cooking, crafts and Arabic dance. Refreshments served.

Contact: Lubna Maktari on 020 8547 6156 or lubna.maktari@kingston.gov.uk

Tuesday 6th October

Kingston Carers' Network Carers Conference – Looking After Yourself

10am - 4pm

The Kings Centre, Coppard Gardens, Chessington, KT9 2GZ

Description: A day of wellbeing talks and workshops for carers. Practical advice for maintaining and improving your physical and mental health. Booking required.

Contact: admin@kingstoncarers.org.uk or 020 3031 2751

Wednesday 7th October

Free fun 'DIY Happiness Workshop'

9am - 10.30am

Tolworth Children's Centre, School Lane, Tolworth, KT6 7SA

Description: Top tips on how to stay happy. There will be an opportunity to join in with your child's play;

the session includes outdoor play, crafts, fruit and song time. Booking is essential
Contact: Tolworth Children's Centre on 0208 339 9848

Kingston Mental Health Parliament Coffee Morning

10am - 12pm

Canbury Arms, 49 Canbury Park Road, Kingston, KT2 6LQ

Description: Find out more about the Kingston Mental Health Parliament and enjoy free coffee and cakes. Open to all. No booking required, free event

Contact: Jay on 020 8255 3939 or at jay@mindinkingston.org.uk

'Dignity in Mental Health - your Mental Wellbeing is your Wealth!'

10am - 12.30pm

Queen Mary Hall, Cambridge Gardens, KT1 3NJ

Description: The Healthy Mind Program Presentations and activities to promote better mental wellbeing.

Arrive 9:30am for coffee and 10am start. Booking preferred.

Contact: Lubna Maktari on 020 8547 6156 or at lubna.maktari@kingston.gov.uk

Friday 9th October

Free fun 'DIY Happiness Workshop'

1.30 - 2.30pm

Norbiton Children's Centre, Dickerage Lane, Kingston, KT3 3RZ

Description: This session includes top tips on how to stay happy. Crèche is available. Refreshments will be provided. Booking essential.

Contact: Norbiton Children's Centre 020 8949 6065

Brain Games on Tablets

2pm - 3pm

Hook Library, Hook Rd, Chessington, KT9 1EJ

Description: Pop in to have a go at playing a brain game on one of our tablets and try games such as sudoku

and crosswords to help stimulate your brain. No booking required but tablets are limited. The session will be free.

Contact: Chris Lygo 020 8547 6485 - chris.lygo@kingston.gov.uk

Saturday 10th October

Art & Music Festival, Mind in Kingston

1pm - 5pm

All Saints Church, Market Place, Kingston, KT1 1JP

Description: Free festival showcasing artworks, drama and music by individuals with mental health issues. Open event, free entry

Contact: Simon on 020 8255 3939 or at simon@mindinkingston.org.uk

Monday 12th October

Practical Ideas for Happier Living

10am - 12.30pm

Siddeley House, 50 Canbury Park Road, Kingston, KT2 6LX

Description: Short course designed to get more out of life and cope better when things go wrong, hosted by Maria Dockrill, Go Volunteering, and Zoe Hourigan, LEAH. Booking required.

Contact: Zoe on 020 8255 6144 or at health@leah.org.uk

Wednesday 14th October

Mind presents 'Mental Health Uncovered', a talk by Sue Ilsley

2pm - 3.30pm

United Reformed Church, Eden St, Kingston, KT1 1HZ

Description: A talk about what defines mental health in 2015 and which explores the stigma and stereotyping that still surround it. No booking required, free entry, all welcome. Refreshments available.

Contact: 020 8255 3939 or at info@mindinkingston.org.uk