

# Mental Health Awareness Week (14-20 May 2018)

Monday 14 <sup>th</sup>	Tuesday 15 <sup>th</sup>	Wednesday 16 <sup>th</sup>	Thursday 17 <sup>th</sup>	Friday 18 <sup>th</sup>	Saturday 19 <sup>th</sup>
<b>Soup and Chat Manningham Mills</b> <b>BD9 5BD</b> Community Health Centre Mental Health Foundation 11-2pm Tracey	<b>NHS 70 Year Birthday Celebration, Brewery Wharf Leeds</b> <b>LS10 1NE</b> 9.30-4.30pm Stall presence and informal chats Uzma	<b>Lynfield Mount Hospital</b> <b>BD9 6DP</b> 1-4pm Tribal Drums 2-3pm Meditation 3-3.30pm Peter and Tracey	<b>Avicenna Medical Practice</b> <b>Barkerend Health Centre BD3 8QH</b> 10-1 Awareness Stall Alan and Peter	<b>Mind in Bradford</b> <b>Kenburgh House</b> <b>BD1 4QU</b> Art Session 1-2pm Tribal drums 2-3pm Local Walk 3-4pm Peter and Hava	<b>Equity Partnership open day at Margaret Mcmillan Towers, BD1 1NN</b> Bradford 11-30 -3.30 pm Peter
	<b>Bradford College Awareness Event BD9 5BD</b> 11-1.30pm Lena and Christina <hr/> <b>Stall Self Care Information Event at Clayton Village Hall</b> <b>Reva Syke Road, Clayton</b> 12-4pm Oli	<b>Bradford Cyrenians, BD8 7EP</b> Event attendance Oli 2.50-3.30pm			
<i>"Awareness raising and delicious soup on offer at Manningham Mills"</i>	<i>"70 year NHS celebrations, awareness raising at Bradford College and self-care event in Clayton."</i>	<i>"A chance for service users to enjoy some hands on drumming and a short meditation session."</i>	<i>"General mental health awareness stand with leaflets and staff on hand to offer help and advice."</i>	<i>"A fun afternoon doing Art, music and a walk in a local park to promote healthy, natural ways to stay well."</i>	<i>"Market stalls, African drumming and singing workshops and other events to explore mental health awareness."</i>

**Mind in Bradford (Tel 01274 730815)**