



# Sheffield mental health week

Monday 5th - Sunday 11th October 2015

## PROMOTING POSITIVE MENTAL HEALTH FOR ALL; CELEBRATING AND PROMOTING THE SERVICES IN SHEFFIELD THAT HELP WITH RECOVERY.

THIS INCLUDES RAISING AWARENESS OF MENTAL HEALTH ISSUES, CHALLENGING STIGMA AND DISCRIMINATION, PROVIDING ACCESS TO INFORMATION, PROVIDING A SIGNPOST TO SERVICES AND ENGAGING WITH A WIDE VARIETY OF COMMUNITY AND CHARITY ORGANISATIONS.

## Sheffield Mental Health Week Activities

### RECONNECTING - LAUNCH EVENT

5th October, 11am - 3pm

Join us for apple pressing, arts and crafts and a day of reconnecting with what makes you feel good. Have a go at willow weaving, painting, write down and explore what keeps yourself and others well. Produced with SAGE Greenfingers and Artling.

Venue: Winter Gardens, City Centre.

### LIGHT AND ZEST

6th October, 1pm - 4pm

Information stalls showcasing the work of the Zest Community around healthy eating and activities and Light Sheffield in supporting families affected by perinatal mental illness. Come and find out more about these extraordinary groups. Produced by Zest and Light Sheffield.

Venue: First Point, Hillsborough Barracks Shopping Centre.

### ALL ABOUT MINDFULNESS

6th October, 5pm - 7pm

Engaging and informative, this free public lecture will explore ideas around Mindfulness and mental health in an accessible format. Produced by Sheffield Health and Social Care. Produced by Sheffield Health and Social Care NHS Foundation Trust.

Venue: Lecture Theatre 2, Medical School, Hallamshire Hospital.

### CAST - A SENSE OF PLACE EXHIBITION

7th October - 21st October

An exhibition of service user and service worker created art that explores themes of belonging, meaning and identity. Produced by the Creative Arts Steering Team.

Venue: The Art House, Backfields, City Centre.

### GAVIN EXTENCE IN CONVERSATION

8th October, 8pm - 11pm

The award winning writer joins us to talk about his new novel 'The Mirror World of Melody Black' about a young woman with bipolar disorder. The event will also feature an open mic section on the theme of mental health. Produced with Off the Shelf Festival of Words.

Venue: Theatre Delicatessen, The Moor.

### TEA AND TALK WITH SHEFFIELD MIND

9th October, 12pm - 3:30pm

Drop in on Sheffield Mind for a cup of tea and an informal chat about wellbeing and mental health as well as the chance to learn more about art and drama therapy through demos and activity sessions. Produced by Sheffield Mind.

Venue: Houlden Hall, City Centre.

### LIVING LIBRARY

9th October, 2pm - 4pm

Come and talk to a volunteer with experience of mental health issues over a free cuppa and a piece of cake. Designed to dispel myths in an accessible and informal fashion, this event is an eye opener. Produced with Central Library.

Venue: Central Library, Surrey St.

### BARDO & GALORE

October 9th, 7pm

The first public showing of The Bare Project's latest production. A play informed by first-person accounts of psychosis. Exploring the edges of reality in an office block and a silver mine. Free, but booking essential. Email: bareprojecttheatre@gmail.com

Venue: Sheffield Theatres Rehearsal Room, Crucible Theatre

### EXPRESS YOURSELF!

10th October, 1pm - 4pm

Zine-maker extraordinaire Chella Quint will be facilitating this special workshop for anyone to come and learn how to make their own zine examining the questions - what makes you feel happy and what keeps you well? Explore how to look after your mental wellbeing whilst getting crafty and creative! Book online at Eventbrite - desirable but not necessary. Produced with Chella Quint.

Venue: Theatre Delicatessen, The Moor

### ART, ART THERAPY AND THE BODY

11th October, 3pm - 5pm

Two groundbreaking new books - Art Therapy with Neurological Conditions and Art Therapy with Physical Conditions - exploring connections between mind and body will be presented by three local art therapists with time for audience discussion and participation. Produced by Off the Shelf Festival of Words.

Venue: Showroom Cinema, £6 / £5 (Cons)  
Tickets: [www.offtheshelf.org.uk](http://www.offtheshelf.org.uk)

All events are open  
to everyone.



For more information please email [mentalhealthweek@sheffieldmind.co.uk](mailto:mentalhealthweek@sheffieldmind.co.uk)  
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