



#talkaboutit

Mental Health Month Calendar

1 in 4 people will suffer from a mental health problem at some point in their life. We should not be afraid to talk about it.

This October we have organised a range of events to raise awareness of mental health and to stamp out stigma across south west London.



For more information, or to find out how to become a member, visit our website:
www.swlstg-tr.nhs.uk

Our values



Respectful



Open



Collaborative



Compassionate



Consistent



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Digital photography
competition 2016

What makes you happy?

**proud to support
time to change**

let's end mental health discrimination

Southwest London and St George's Mental Health NHS Trust is leading on celebrations for World Mental Health Day with a host of activities throughout the month of October. Our theme is **#talkaboutit** and through our programme of events our aim is to challenge stigma and discrimination and raise awareness of mental health issues.

We have over 50 events across our sites in South West London including:

- Pop-up Mental Health stall at Southside Shopping Centre, Wandsworth on 4 October
- Mental Health Masterclass with Dr Emma Whicher and Dr Phil Moore on 4 October
- Book launch of 'The Secret' a compilation of mental health poetry by Jacqueline Robinson on 8 October
- #Upliftingimage digital photography competition open to local schools, public and staff until 10 October
- World Mental Health Day Balloon Release and unveiling of temporary art mural at Recovery College on 10 October
- Premiere and Q&A of short film 'Escorted Leave' by Consultant Psychiatrist Dr Adil Akram, a short film about the experiences of a mental health patient on 10 October
- An Evening on Diversity and LGBT Mental Health on 13 October
- Taster event for Trust staff on the Inner Power of Stillness & Presence In the therapeutic Relationship on 17 October
- 'Sophie Day' - 'Tea and Talk' fundraiser for young mental health services on 18 October
- Learning Disability Conference on 19 October
- #Upliftingimage digital photography prizewinner ceremony on 21 October
- Recovery College courses for staff, patients, their carers and family throughout the month

More details are available on our website:
<http://www.swlstg-tr.nhs.uk/mental-health-month>
You can RSVP for Trust events through our website
(follow the [eventbrite](#) link)

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Date	Event	Venue	Time
Saturday, 1 October	Wimbledon BookFest: Deliciously Ella In conversation with Fiona Lindsay – book at www.wimbledonfest.org	Big Tent	2pm
Saturday, 1 October	Wimbledon Bookfest: Admission One Shilling Patricia Routledge and Piers Lane – book at www.wimbledonfest.org	The Pool House 3 Marryat Road	7.30pm
Sunday, 2 October	Wimbledon Bookfest: Jo Marchant - Cure How minds heal bodies – book at www.wimbledonfest.org	Big Tent	2pm
Monday, 3 October	Creating Confidence & Motivation: Recovery College 1 Day course. Open to patients, carers & Staff. Need to register for the course with the college by calling 0203 513 5818 or email recoverycollege@swlstg-tr.nhs.uk	Vestry Hall, London Road Mitcham, Surrey, CR4 3UD	1.30pm to 4.30pm
Monday, 3 October	Telling Your Story: Recovery College 10 session course. Open to patients only. Need to register for the course with the college by calling 0203 513 5818 or email recoverycollege@swlstg-tr.nhs.uk	Building 28 Springfield University Hospital. Map: Link	1.30pm to 4.30pm
Monday, 3 October to 14 October	MIND Art Work Exhibition	All Saints Church, Market PI, Kingston upon Thames KT1 1JP	Times vary
Tuesday, 4 October	Pop-Up Mental Health stall at Sainsbury's Find out more about the Trust, membership and the events around Southwest London	Southside Shopping Centre Southside Shopping Centre, Wandsworth SW18 4TF	12pm
Tuesday, 4 October	Beanstalk: Beanstalk: Reading Volunteers Discover how you can help children to love reading – book online at www.wimbledonbookfest.org	William Morris Tent	12pm
Tuesday, 4 October	Merton Write Afresh group: friendly informal setting originally set up for people with mental health issues (everyone is welcome) for people to have a go at creative writing- Link	Raynes Park Library	1pm-3pm
Tuesday, 4 October	Mental Health Masterclass with Dr Emma Whicher (Trust Medical Director) and Dr Phil Moore to discuss current mental health issues in the UK - RSVP on Event Brite	Conference Room A, Building 26 Springfield University Hospital. Map: Link	6pm

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Wednesday, 5 October	Dyslexia Information Day: Councillor Nicola Nardelli (former Mayor of Wandsworth 2015), Dyslexia for the Wise and Aspire2Inspire Dyslexia are running an event for Dyslexia Awareness Week in October – Link	Civic Suite in Wandsworth High St, SW18 2PU	10am-6pm
Wednesday, 5 October	Merton CCG will be hosting a Self-Management Conference to promote self-management for patients, public, carers and health and social care professionals across Merton - Link	Merton Hall, 78 Kingston Road, South Wimbledon, SW19 1LA	12.30pm-4.30pm
Thursday, 6 October	Charity Cake Sale - Burntwood Villas staff and residents are baking cakes that are being sold to support 'Time To Change'	Canteen at Springfield Hospital	10.30am-2.30pm
Thursday, 6 October	Sutton Uplift- Mental Health & Wellbeing Workshops – Self Confidence	The Riverside Community Centre, and St Patrick's Church, 47 Park Hill Rd, Wallington SM6 0RU Link	12pm-2pm
Thursday, 6 October	Sutton Uplift- Mental Health & Wellbeing Workshops – Managing Change	The Riverside Community Centre, and St Patrick's Church, 47 Park Hill Rd, Wallington SM6 0RU Link	2pm-4pm
Friday, 7 October	Responsibility: Joan Saddler, our Non-Executive Director and Inclusion Steering Group Chair, Associate Director, NHS Confederation, BME Network Launch	Lecture Theatre 1, Queen's Hospital, Rom Valley Way, Romford, RM7 0AG	9.30am
Friday, 7 October	Wimbledon Bookfest – Short Story Competition The Anniversary: Let the Competition decide – book online at www.wimbeldonbookfest.org	William Morris Tent	6pm
Friday, 7 October	Wandsworth Looking after me Course - 6 week course provided by Wandsworth Self-Management. Do you look after someone? Is your health affected? Would you like to feel more in control? Then this LAM course is for you - Link	Wandsworth Carers Centre, Balham	1pm-3.30pm
Friday, 7 October	Full of Life Fair - celebrates the contribution that older residents make to the Richmond borough	Rose Suite at Twickenham Rugby Stadium	Morning session - 10am to 12.45pm Afternoon session - 12.45 to 4pm

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Saturday, 8 October	MIND Kingston Art and Music Festival, Entry is free. The festival is a community event that highlights the achievements and talents of people with mental health issues - Link	All Saints Church, Market Pl, Kingston upon Thames KT1 1JP	1pm to 5pm
Saturday, 8 October	Wimbledon Bookfest: Henny Beaumont Hole in the Heart: Bringing up Beth Mother of four, Henny Beaumont gave birth on Mothers' Day 2004 to her daughter Beth, who has Down's syndrome - Book at www.wimbledonbookfest.org	William Morris Tent	12.45pm
Saturday, 8 October	Book launch 'The Secret' mental health poetry by Jacqueline Robinson with live readings. Follow Jacqueline on @jewelmarkpress	The Sanctuary, 7 Beechcroft Road, Tooting Bec, SW17 7BU	3pm
Saturday, 8 October	Wimbledon Bookfest: Performance Poetry: Come along to this live performance of poetry from Wimbledon poets and be thrilled by fresh new talent - Book at www.wimbledonbookfest.org	William Morris Tent	5pm
Sunday, 9 October	OCD Awareness Week starts - a global effort to raise awareness and understanding about OCD, with the goal of educating people and working towards removing misunderstanding and stigma that can be caused by misrepresentation of OCD - Link	Upcoming events throughout the week - Link	TBC
WORLD MENTAL HEALTH DAY Monday, 10 October	Balloon Release Event and unveiling of <i>Hospital Rooms</i> temporary art mural at Recovery College. To celebrate World Mental Health Day the Recovery College will hold a balloon release and put messages of hope, inspiration and recovery on 250 ecologically-friendly balloons – RSVP on Event Brite	Building 28 Springfield University Hospital. Map: Link	2pm
	Premiere and Q&A of short film 'Escorted Leave' Consultant Psychiatrist Dr Adil Akram works in Merton and has produced a short film about the experiences of a mental health patient. Come along to the premiere screening and join in with Dr Akram and the actors afterwards for an in-depth Q&A - RSVP on Event Brite	Conference Room A, Building 26 Springfield University Hospital. Map: Link	6pm

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Tuesday, 11 October	Empowerment: Professor Elizabeth Anionwu, PhD, CBE, FRCN, NHS BME trailblazer, followed by lunch, book signing and informal networking	Lecture Theatre 1, Queen's Hospital, Rom Valley Way, Romford, RM7 0AG	11am
Wednesday, 12 October	Returning to Work & Study: Recovery College 8 session course at King Charles Centre, Tolworth. Open to patients & carers. Need to register for the course with the college by calling 0203 513 5818 or email recoverycollege@swlstg-tr.nhs.uk	King Charles Centre, Hollyfield Road, Surbiton, KT5 9AL	10am to 1pm
Wednesday, 12 October	Exercise team Volleyball event	Outside the fountain, Springfield University Hospital.	2pm – 3pm
Thursday, 13 October	Sutton Uplift- Mental Health & Wellbeing Workshops – Self Confidence	The Riverside Community Centre, and St Patrick's Church, 47 Park Hill Rd, Wallington SM6 0RU Link	10am-12pm
Thursday, 13 October	Merton Council: Alzheimer's Society Drop in – The Alzheimer's Society will raise awareness and answer any questions about Alzheimer's or Dementia - Link	Barnes Library - Link	11am-12pm
Thursday, 13 October	Sutton Uplift- Mental Health & Wellbeing Workshops – Managing Change	The Riverside Community Centre, and St Patrick's Church, 47 Park Hill Rd, Wallington SM6 0RU Link	2pm-4pm
Thursday, 13 October	Coping with Stress: Recovery College 1 Day course at Vestry Hall in Mitcham. Open to patients, carers & Staff. Need to register for the course with the college by calling 0203 513 5818 or email recoverycollege@swlstg-tr.nhs.uk	Vestry Hall, London Road Mitcham, Surrey, CR4 3UD	1.30pm to 4.30pm
Thursday, 13 October	Hopes & Fears: Recovery College 1 Day course at Recovery College, Building 28. Open to patients, carers & Staff. Need to register for the course with the college by calling 0203 513 5818 or email recoverycollege@swlstg-tr.nhs.uk	Building 28 Springfield University Hospital. Map: Link	10am to 1pm
Thursday, 13 October	An Evening on Diversity and LGBT Mental Health. The event will include speakers followed by facilitated workshops - RSVP on Event Brite	276 Magdalen Rd, London SW18 3NY	6pm to 8.30pm
Friday, 14 October	Family Intervention Celebratory Event	Conference Room A, Building 26 Springfield University Hospital. Map: Link	12pm onwards

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Friday, 14 October	Judging panel for 'Uplifting Image' competition taking place	Springfield University Hospital Building 15	2pm to 4pm
Saturday, 15 October	Richmond Art & Music for the MIND – A weekend celebration of local artistic talent to raise awareness and understanding of mental health issues	All Saints Church, East Sheen Avenue, London SW14 8AX	12pm-5pm
Sunday, 16 October	Richmond Art & Music for the MIND – A weekend celebration of local artistic talent to raise awareness and understanding of mental health issues – Classical Concert at 6.30pm	All Saints Church, East Sheen Avenue, London SW14 8AX	12pm-6.30pm
Sunday, 16 October	Black History Month – As part of Black History Month Sutton Arts Council and Culture will host interactive workshops of singing, dancing, language and drumming. Link	Sutton Central Library Saint Nicholas Way, Sutton, SM1 1EA	1pm to 3.30pm
Monday, 17 October	Trust staff only: Taster event on The Inner Power of Stillness & Presence in the Therapeutic Relationship - Book on eventbrite	Conference Suite, Conference Room A, Springfield University Hospital, 61 Glenburnie Road, Tooting SW17 7DJ	11.30am-12.30pm
Tuesday, 18 October	"Sophie Day": Tea and Talk Fundraiser for young mental health services (Aquarius ward at Springfield Hospital). Let's talk about youth mental health and how we can help support child and adolescent mental health services. Sophie was a former Child and Adolescent Mental Health Services (CAMHS) patient who sadly passed away in May. Her parents launched a remarkable fundraising campaign calling for donations to be used for the Child and Adolescent Mental Health Services Aquarius Ward at Springfield Hospital. Cakes and sweets will be sold to raise funds for our Trust Charity – RSVP on Event Brite	Building 28 Springfield University Hospital. Map: Link	10am
Tuesday, 18 October	Taking Back Control: Recovery College 8 session course at King Charles Centre, Tolworth. Open to patients & carers. Need to register for the course with the college by calling 0203 513 5818 or email recoverycollege@swlstg-tr.nhs.uk	Building 28 Springfield University Hospital. Map: Link	1.30pm to 4.30pm
Wednesday, 19 October	Learning Disability Conference	Conference Room A, Building 26 Springfield University Hospital. Map: Link	9am to 5pm

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Wednesday, 19 October	Drive: Jackie Lynton, Lead Associate at NHS Institute for Innovation and Improvement	Seminar Room 2, Barley Lane, Goodmayes, Ilford IG3 8YB	9.30am
Wednesday, 19 October	Exercise team Nordic walking event	Outside the fountain, Springfield University Hospital.	2pm – 3pm
Thursday, 20 October	Shaftesbury Oscars Event – staff and patients	Building 10 Springfield University Hospital. Map: Link	From 5pm
Thursday, 20 October	Living Beyond Depression & Low Mood: Recovery College 8 session course at Vestry Hall in Mitcham. Open to patients, carers & Staff. Need to register for the course with the college by calling 0203 513 5818 or email recoverycollege@swlstg-tr.nhs.uk	Vestry Hall, London Road Mitcham, Surrey, CR4 3UD	1.30pm to 4.30pm
Thursday, 20 October	Sutton Uplift- Mental Health & Wellbeing Workshops: Parent Carer	The Riverside Community Centre, and St Patrick's Church, 47 Park Hill Rd, Wallington SM6 0RU Link	2pm-4pm
Thursday, 20 October	Sutton Uplift- Mental Health & Wellbeing Workshops: Dealing with retirement	The Riverside Community Centre, and St Patrick's Church, 47 Park Hill Rd, Wallington SM6 0RU Link	10am-12pm
Thursday, 20 October	Phoenix Ward Hospital Rooms art launch for staff, patients and invited guests – Link	Springfield University Hospital	1pm-3pm
Thursday, 20 October	Staying Connected: Recovery College 1 Day course at Recovery College, Building 28. Open to patients, carers & Staff. Need to register for the course with the college by calling 0203 513 5818 or email recoverycollege@swlstg-tr.nhs.uk	Building 28 Springfield University Hospital. Map: Link	10am to 1pm
Friday, 21 October	Learning to be Assertive: Recovery College 8 session course at Recovery College, Building 28. Open to patients, carers & Staff. Need to register for the course with the college by calling 0203 513 5818 or email recoverycollege@swlstg-tr.nhs.uk	Building 28 Springfield University Hospital. Map: Link	10am to 1pm
Friday, 21 October	#Upliftingimage digital photography prizewinner ceremony. We will welcome the competition winners from schools, staff and the public. Prizes will be presented to the winners by Trust chairman Peter Molyneux and local MP Stephen Hammond - RSVP on Event Brite	Conference Room A, Building 26 Springfield University Hospital. Map: Link	12pm

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Monday, 24 October	Understanding Depression: Recovery College 1 Day course at Sutton Life Centre in Sutton. Open to patients, carers & Staff. Need to register by calling 0203 513 5818 or email recoverycollege@swlstg-tr.nhs.uk	Sutton Life Centre 24 Alcorn Close, Sutton, SM3 9PX	1.30pm to 4.30pm
Wednesday, 26 October	Passion: Fred D'Aguiar, British-Guyanese poet, novelist, playwright, Professor of English at UCLA	Lecture Theatre 2, 12 noon, Lecture Theatre 2, Queen's Hospital, Rom Valley Way, Romford, RM7 0AG	12pm
Wednesday, 26 October	Exercise team Football Event	Outside the fountain, Springfield University Hospital.	2pm – 3pm
Thursday, 27 October	Innovation: Jagtar Singh, awarded an OBE for his work on equality and diversity in the Fire Service, currently Chair Coventry and Warwickshire Partnership NHS Trust	Lecture Theatre 1, Queen's Hospital, Rom Valley Way, Romford, RM7 0AG	9.30am
Thursday, 27 October	Money Management: Recovery College 1 Day course. Open to patients, carers & Staff. Need to register by calling 0203 513 5818 or email recoverycollege@swlstg-tr.nhs.uk	Building 28 Springfield University Hospital. Map: Link	10am to 1pm
Thursday, 27 October	Sutton Uplift- Mental Health & Wellbeing Workshops: Parent Carers	The Riverside Community Centre, and St Patrick's Church, 47 Park Hill Rd, Wallington SM6 0RU Link	2pm-4pm
Thursday, 27 October	Sutton Uplift- Mental Health & Wellbeing Workshops: Dealing with retirement	The Riverside Community Centre, and St Patrick's Church, 47 Park Hill Rd, Wallington SM6 0RU Link	12pm-2pm
Thursday, 27 October	Healing Our Broken Village Conference	New Testament Assembly, 7 Beechcroft Rd, London SW17 7BU	12pm to 7pm
Monday, 31 October	Compassion and Self-Care for Staff	Conference Room A, Building 26 Springfield University Hospital. Map: Link	9.30am to 4.30pm

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For more information contact us

South West London and St George's Mental Health NHS Trust,
Springfield University Hospital, 61 Glenburnie Road, London SW17 7DJ
020 3513 5000
www.swlstg-tr.nhs.uk
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Follow us on social media

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