



# #talkaboutit this mental health month.

**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](http://www.swlstg-tr.nhs.uk)



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:**

- **#Upliftingimage** digital photography competition open to local schools, public and staff until 10 October
- Celebrating **Black History Month** with poetry, music and storytelling in our Springfield University Hospital and Tolworth Hospital canteens
- Pop-up '**Problem Solving Booths**' across Tooting, Kingston and Richmond co-hosted with Hestia's Recovery Cafés at part of the London Mayor's #ThriveLDN
- **Annual Trust staff football competition** on 6 October at Wimbledon
- To celebrate **World Mental Health Day**: students and members of the community and will transform the Recovery College with a 'Butterflies and Banner' creative art session at the Recovery College on 10 October
- '**Seriously Funny**' - A celebrity comedy Night Fundraiser for the Trust Charity on 19 October ([see here](#) for tickets)
- **9th Black Mental Health Conference** and Black History Exhibition as part of [Healing Our Broken Village Conference](#) on 26 October
- [#Upliftingimage](#) digital photography prizewinner announcement ceremony 31 October
- **Recovery College** courses for staff, patients, their carers and family throughout the month

This year we will also introduce a weekly podcast series which features different voices of mental health. Each week we will bring to you an interview with a staff member who will talk about: working in mental health as well discuss issues in their field. We'll be chatting with psychiatrists, nurses, support workers and clinicians throughout the month.

**More details are available on our website:**  
<http://www.swlstg-tr.nhs.uk/mental-health-month>

Date	Event	Venue	Time
Monday 2 October	<b>Recovery College: Mindfulness Forum</b>	Christ Church St Philip Worcester Park	1.30pm- 4.30pm
Tuesday 3 October	<b>Recovery College Course: Understanding Hoarding</b>	Recovery College Wandsworth Contact: <a href="mailto:recoverycollege@swlstg-tr.nhs.uk">recoverycollege@swlstg-tr.nhs.uk</a>	10am-1pm
Tuesday 3 October	<b>Recovery College:</b> Introduction to Meditation and Relaxation	Vestry Hall Mitcham and Richmond Royal Hospital (Room G22)	1.30pm-4pm
Wednesday 4 October	<b>Recovery College Course:</b> 5 ways to well-being	Christ Church St Philip Worcester Park Contact: <a href="mailto:recoverycollege@swlstg-tr.nhs.uk">recoverycollege@swlstg-tr.nhs.uk</a>	1.30pm-4pm
Thursday 5 October	<b>Wimbledon Bookfest:</b>  Opening night: In conversation with Samira Ahmed	The Space, Wimbledon Library. <a href="#">Book here</a>	7.30pm
Thursday 5 October	<b>Recovery College Course:</b> Building Meaningful Relationships	Recovery College Wandsworth Contact: <a href="mailto:recoverycollege@swlstg-tr.nhs.uk">recoverycollege@swlstg-tr.nhs.uk</a>	10am-1pm
Friday 6 October	<b>Hope for Wellbeing Community Wandsworth</b> Stall event aimed at bringing together members of the community who are recovering from mental illness	Tooting Neighbourhood Centre, 28 Glenburnie Road, London SW19 7PJ Email: <a href="mailto:info@hopeforwellbeing.org">info@hopeforwellbeing.org</a>	12pm-6pm
Friday 6 October	<b>Annual SWLSTG Trust staff football competition – ALL WELCOME TO PLAY, WATCH AND CHEER ON OUR TEAMS</b>	Wimbledon Goals – contact <a href="mailto:Nathaniel.palma@swlstg-tr.nhs.uk">Nathaniel.palma@swlstg-tr.nhs.uk</a> for more information	6pm
Friday 6 October	<b>Wimbledon Bookfest:</b> Anthony Horowitz In Conversation with Samira Ahmed	<b>Baillie Gifford Big Tent</b>	7pm

Friday 6 October	<p><b>Wimbledon Bookfest:</b>  <b>Incomplete Shakespeare</b>  An irreverent and clever insight into Shakespeare with the two Johnnies, covering Much Ado About Nothing, Hamlet and Romeo &amp; Juliet. John Crace is the parliamentary sketch writer for The Guardian and the Digested Read satirist. John Sutherland is Emeritus Professor of English at UCL.</p>	William Morris Tent	8pm
Friday 6 October	<p><b>Wimbledon Bookfest:</b>  Judy Murray: In conversation with John Inverdale</p>	Baillie Gifford Big Tent	8.30pm
Saturday, 7 October	<p><b>Wimbledon Bookfest:</b>  <b>Animation Station</b>  Led by artist Amy Pennington</p> <p>Join us at the Animation Station and immerse yourself in 2 days of animation fun with the Children's Art School. Create and develop animations with simple stop frame technology. Dream up characters, stories and settings and bring them to life.</p>	Donhead Prep School, Edge Hill	1pm-5pm
Saturday, 7 October	<p><b>Wimbledon Bookfest</b>  <b>Grief: How to Live, Love and Die</b></p> <p>Kevin Toolis and Stephanie Nimmo share their personal stories of loss to open up the discussion about our approach to death -Kevin the ancient ritual of the Irish wake following the death of his father and Stephanie the sad loss of both her husband and daughter in the space of a year. In these uplifting stories they ask to reflect on whether we should give more space to life's only certainty, death.</p>	William Morris Tent	1.45pm
Saturday, 7 October	<p><b>Wimbledon Bookfest:</b>  <b>Inner Health for Beauty</b></p> <p>Liz Earle is best known for her passion for natural health, wellbeing and beauty. Here she presents her brand-new plan, taking a close look at the links between the gut and our physical and mental health. She provides a practical programme to improve wellbeing from within.</p>	<b>Baillie Gifford Big Tent</b>	3.45pm

Sunday, 8 October	<p><b>Wimbledon Bookfest: The Empathy Instinct: Creating a More Civil Society</b></p> <p><b>In conversation with Toby Mundy</b></p> <p>Join the former chair of the Arts Council England and Wimbledon BookFest's chair Toby Mundy for a discussion on the art of science, and having the compassion to build a better society. In his wide-ranging and accessible book,</p>	William Morris Tent	6.30pm
Sunday, 8 October	<p><b>Wimbledon Common Walk</b></p> <p>Learn more about the social and natural history of Wimbledon &amp; Putney Commons with Simon Lee, the Commons' Chief Executive, and Bill Rowland, Senior Keeper. Simon and Bill will take the group on a walk, highlighting areas of particular interest, and telling little known stories. The walk will end back at the Windmill car park.</p>	Wimbledon Common Meet at the Ranger's Office (Windmill Road, Wimbledon Common, SW19 5NR)	10am- 11.30am
Monday 9 October	<p><b>Recovery College:</b> Introduction to Meditation and Relaxation</p>	Holy Trinity Wallington	1.30pm-4pm
Monday, 9 October	<p><b>OCD Awareness Week starts</b> 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 - <a href="#">Link</a></p>	Upcoming events throughout the week - <a href="#">Link</a>	ongoing
Tuesday, 10 October	<p><b>Reading Volunteers: Helping children to learn to love reading with Beanstalk</b></p> <p>Beanstalk is a national literacy charity which recruits, trains and supports volunteers to work with children who are struggling with reading. Come and hear about how to get involved with their work in Merton schools. With Beanstalk reading helper and renowned biographer Artemis Cooper.</p>	William Morris Tent Email <a href="mailto:info@wimbledonbookfest.org">info@wimbledonbookfest.org</a> To book your place	12pm

Tuesday, 10 October	<b>To celebrate WORLD MENTAL HEALTH DAY, students and members of the community and will transform the Recovery College with a 'Butterflies and Banner' creative art session at the Recovery College. ALL are welcome.</b>	Building 28 Springfield University Hospital. Map: <a href="#">Link</a>	11am-2pm
Thursday, 12 October	<b>Imagine Independence:</b> Health and wellbeing awareness Stall event - to support residents of south west London	Tooting & Mitcham Community Sports Club, Imperial Fields, SM4 6BF	1.30pm to 5.30pm
Thursday, 12 October	<b>Recovery College Course:</b> Introduction to Recovery	Recovery College Wandsworth	1.30pm to 4.30pm
Thursday, 12 October	<b>Mental Health Awareness Training Course</b>  The session will be an educational challenge based on interactive methods, case studies, working group activities and experiential learning. Find out more information <a href="#">here</a>	1 Thorpe Cl 1 Thorpe Close London W10 5XL	10am-4pm
Friday, 13 October	<b>Disabled Families' Information Session</b>  The information session will feature a presentation from the charity Family Fund about what grants are available and how to make a successful application.  This informal information session is open to all families with disabled children. For more information, email <a href="mailto:ldaniels@wandsworth.gov.uk">ldaniels@wandsworth.gov.uk</a>	Location: Room 122, Wandsworth Town Hall	11.30am-2pm



Tuesday, 17 October	<b>Recovery College:</b> Introduction to Problem Solving	Recovery College Wandsworth	10am – 1pm
Tuesday, 17 October	<b>Recovery College Course:</b> Managing Sleep Problems	Recovery College Wandsworth	1.30pm-4.30pm
Thursday, 19 October	<b>Recovery College Course:</b> Returning to Work and Study	Recovery College Wandsworth	1.30pm-4.30pm
<b>Thursday, 19 October</b>	<b>'Seriously Funny' A Comedy Night Fundraiser for the Trust Charity.</b>  Join us for a night of fun and laughter featuring comedians who have had a personal experience of poor mental health in support of World Mental Health Month as a fundraiser for the South West London and St George's NHS Trust Charity. Get tickets <a href="#">here</a>	St. George's Students' Union Bar St George's Hospital 2nd Floor Hunter Wing Tooting SW17 0QT	7pm
<b>Tuesday, 24 October</b>	<b>Wellbeing You:</b>  A fun day for the elderly before it's too cold. Fun activities that they will be able to enjoy and there will be autumn surprises such as an autumn catwalk, poetry about autumn and autumn food.	Annuciation Hall, 147 Bingham Road CR0 7EN	2pm-5pm

<b>Wednesday, 25 October</b>	<b>Paul's Cancer Support Charity:</b> Hollywood dance at Battersea misson inviting the Mimosa Women's support group - the event will include a general cancer awareness presentation with support from breast cancer charities.	Battersea Central Misson 20-22 York Road SW11 3QA	11pm-1pm
<b>Wednesday, 25 October</b>	<b>Recovery College Course:</b> Living with Psychosis & Schizophrenia	Holy Trinity Church Wallington	1:30pm - 4:30pm
<b>Thursday, 26 October</b>	<b>Healing Our Broken Village Conference</b>	New Testament Assembly, 7 Beechcroft Rd, London SW17 7BU	12pm to 7pm
<b>Thursday, 26 October</b>	<b>Workshop for young women</b> As part of the super me programme, there will be 5 workshops focusing on different topics for young women.	Ashdown Jazz Academy Pollards Hill Baptist Church	12pm-4pm
<b>Saturday, 28 October</b>	<b>Kwa Africa Sutton</b>  An Afro-Caribbean Kitchen providing cuisines from several African and Caribbean countries including Nigeria, Jamaica, St. Lucia, Uganda, Ghana, and Somalia among others. KwaAfrica, supports children and families affected by HIV/AIDS and accomplishes this through prevention and support methods of raising awareness in the community.	Granfers Community Centre, Sutton	12pm-4pm
<b>Tuesday 31 October</b>	<b>#Upliftingimage digital photography prizewinner ceremony.</b>  We will welcome the competition winners from schools, staff and the public. Prizes will be	Conference Room A, Building 26 Springfield University Hospital. Map: <a href="#">Link</a>	2pm



	presented to the winners by Trust chairman and local MP's. RSVP by emailing: <a href="mailto:communications@swlstg-tr.nhs.uk">communications@swlstg-tr.nhs.uk</a>		
Tuesday, 31 October	<b>Share Community, Wandsworth</b> Share Community will run a sports day for Share students and their friends, family and any adult or young adult with a LD. There will also be tai-chi and yoga.	Battersea Sports Centre, Hope Street, SW11	11am-2pm
Tuesday, 31 October	<b>Compassion and Self-Care for Staff</b>	Conference Room A, Building 26 Springfield University Hospital. Map: <a href="#">Link</a>	9.30am to 4.30pm
Tuesday, 31 October	<b>Recovery College Course:</b> Introduction to Mindfulness	King Charles Centre Tolworth	1.30pm- 4.00pm
Tuesday, 31 October	<b>Recovery College Course:</b> Introduction to Relaxation and Meditation	Recovery College Wandsworth	1.30pm- 4.30pm
Tuesday, 31 October:	<b>Recovery College Course:</b> Understanding Bi-polar disorder	Recovery College Wandsworth	10am-1pm

**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](http://www.swlstg-tr.nhs.uk)

[communications@swlstg-tr.nhs.uk](mailto:communications@swlstg-tr.nhs.uk)

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