



South West London and
St George's Mental Health

NHS Trust

October 2020 Mental Health Month

Celebrations and Events



**#UPLIFTING
IMAGE 2020**

PHOTOGRAPHY COMPETITION

What makes you happy?

Closing date:

18 October 2020

One in four people will suffer from a mental health problem at some point in their life. We should not be afraid to #talkaboutit

Mental health is a human right – it's time that mental health is available for all. We therefore need to make mental health a reality for all – for everyone, everywhere. We hope you will join us in celebrating World Mental Health Day on 10 October, particularly during this time within the context of Covid-19.

South West London and St George's Mental Health NHS Trust is leading on celebrations with a host of activities throughout the month of October. The theme for this year by the World Health Organisation is '**Mental Health for All. Greater Investment – Greater Access**' and through our programme of events our aim is to challenge stigma and discrimination and to raise awareness of mental health issues.

World Mental Health Day isn't simply a one-day event. We need to start now and continue our call to ensure that no-one is left behind. Together we are stronger and together we can make a big difference all over the world.

We have a variety of events running across our sites in south west London including:

- **1 October** Jonny Benjamin, MBE, will open our Mental Health month with a Suicide Prevention talk
- Our annual #Upliftingimage digital photography [competition](#) which is open to local schools, public and staff. The competition closes on **Sunday 18 October**. The theme for 2020 is 'What makes you happy?'
- [Recovery College](#) courses for staff, patients, their carers and family throughout the month and the Recovery College's 10 year anniversary celebrations which are also this month
- **As part of Black History Month, we are launching a series of webinars called Let's Talk. The first one will take place 7 October at 1.30pm.**
- Dr Mudasir Firdosi, consultant psychiatrist, will present on 'Covid-19 on an Acute In-patient Psychiatric Ward' on **9 October**.
- **World Mental Health Day 10 October:** join us on Social Media to make a pledge
- Talk Wandsworth are holding a series of [online webinars](#)
- And lots more!

We hope you can join us in celebration by attending one of many events running throughout October Mental Health Month.

October Mental Health Month

Mental health for all:
Greater investment - Greater access

Deadline: **18 October 2020**
Please visit [inSite](#) to see the full list of events.



Date	Event	Venue	Time	Audience
1 October	Five Ways to Wellbeing	Holy Trinity Church Wallington	10:00 – 12:15	Recovery College students
2 October	Coping with Stress - from Talk Wandsworth	1-1 Telephone Based Workshop	10:00 – 11:30	Open to all BOOK
5 October	Introduction to Mindfulness	Recovery College Wandsworth	13:15 – 15.30	Recovery College students
5 October	Relaxation and Self Care – from Talk Wandsworth	1-1 Telephone based Workshop	14:00 – 15:30	Open to all BOOK
6 October	Taking Back Control	Tolworth Hospital (Hughes Rm B)	10:00 – 12:15	Recovery College students
6 October	Mind, Breath & Meditation – An Introduction (workshop)	ONLINE	19:30 – 20:30	Open to all BOOK
7 October	Taking Back Control	Maddison Centre Teddington	10:00 – 12:15	Recovery College students
7 October	Exercise Therapy yoga	ONLINE	11:00 – 12:00	Staff only BOOK
8 October	Taking Back Control	Recovery College Wandsworth	10:00 – 12:15	Recovery College students
8 October	Understanding Stress & Anxiety	Holy Trinity Church Wallington	13:15 – 15.30	Recovery College students
9 October	Covid-19 on an Acute Inpatient Psychiatric Ward – online presentation	ZOOM	12:30 – 13:30	Open to All BOOK
9 October	Wellbeing workshops (Webinar run by Hestia)	ZOOM	09:30 – 17:00	Open to All BOOK
10 October	Social Media Pledge	Twitter	All day	Open to All

10 October	Thrive LDN World Mental Health Day Festival 2020	ONLINE	12:00 – 18:30	Open to All BOOK
13 October	Introduction to Mindfulness	Tolworth Hospital (Hughes Rm B)	13:15 - 15.30	Recovery College students
14 October	Introduction to Relaxation & Meditation	Recovery College Wandsworth	10:00 – 12:15	Recovery College students
14 October	Exercise Therapy Live Aerobic / Resistance Fitness Session	ONLINE	11:00 – 12:00	All staff BOOK
16 October	Coping with Stress – webinar from Talk Wandsworth	1-1 Telephone Based Workshop	12:00 – 13:30	Open to all BOOK
20 October	Parenting Teenagers in Times of Uncertainty (Annika Clark)	ONLINE	19.00 – 20.00	Open to all JOIN
21 October	Understanding Stress & Anxiety	Recovery College Wandsworth	13:15 – 15.30	Recovery College students
21 October	Introduction to Recovery	Maddison Centre Teddington	13:15 – 15.30	Recovery College students
22 October	Journaling for Self Development	Holy Trinity Church Wallington	13:15 – 15.30	Recovery College students
22 October	Taking Back Control	Holy Trinity Church Wallington	10:00 – 12:15	Recovery College students
22 October	#upliftingimage Prize giving ceremony	ONLINE	12:00 – 14:00	Open to all – details to follow
23 October	Coping with Stress – from Talk Wandsworth	1-1 Telephone Based Workshop	12:00 – 13:30	Open to all BOOK
27 October	'Don't flip your lid' – presentation on child psychology from our CAMHS services	ONLINE	11:00 – 11:40	Open to all BOOK

28 October	Relaxation and Self Care – from Talk Wandsworth	1-1 Telephone based Workshop	10:00 – 11:30	Open to all BOOK
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If you would like to get involved on the day, please check out our www.swlstg.nhs.uk and our [Facebook](#) and [Twitter](#) pages for more details as we make them available.