

Histon and Impington Mental Wellbeing Week

This is a local initiative seeking to raise awareness and understanding of the issues surrounding poor mental health in all ages from toddlers to older residents.

It grew out of a conversation between Neil Davies and James Blandford-Baker in early spring 2015 when both became aware of tragic and challenging stories affecting young people in our community. As for so many in our villages, these stories affected us personally. With the reduction in statutory support and treatment for people of all ages with mental health conditions, as well as the stigma that is still associated with them, the H & I Mental Health Forum came together to see what could be done at a local level.

Mental health includes our emotional, psychological and social wellbeing. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others, and make choices.

Mental health problems cover a very wide spectrum, affect around one in four people in Britain, and range from common mental conditions, such as depression and anxiety, to rarer problems. A mental health problem can feel just as bad, or worse, as any other physical illness – only you cannot see it.

There are many issues that impact on our mental health and these make us all at risk of developing a mental health problem at any time during our lives. The majority of people who experience them do recover or learn to manage their mental health problem.

We hope that the **Histon and Impington Mental Wellbeing Week** will provide an opportunity to remove the stigma, increase our understanding and awareness, and help plan for the future.

Histon and Impington Mental Health Forum

The Forum has met on a regular basis for the last six months to prepare for the week. It includes representatives of all village schools, school governors, village churches, villages children's centre, children and youth workers, parish and district councillors and those involved locally with older residents.

The Forum is conscious of the need to provide an opportunity for people anonymously to provide information on their own experiences, feed back and make suggestions and this can be done using the **H & I Mental Health Awareness Survey**.

Survey forms will be available at all events and also from the website www.himw.org.uk. Completed forms can be returned to the Feedback box at the Saint Andrew's Centre.

The forum will be meeting in May to evaluate the outcomes from the week, how to address issues raised and how to provide support in the future.

Sources of information & support

Mind in Cambridgeshire mindincambs.org.uk
Mental Health Foundation mentalhealth.org.uk
Blue Smile bluesmileproject.org
Young Minds youngminds.org.uk

Our thanks to the following for their financial & other support for the week

Histon Salvation Army, St Andrew's Church, Histon, Poor's Land Charity, Histon & Impington Parish Council, Blue Smile, Histon & Impington Community Minibus and Friends of the Rec.

16-23 April 2016

Histon & Impington Mental Wellbeing Week



Raising awareness and
understanding of mental
health issues

www.himw.org.uk

Histon and Impington Mental Wellbeing Week Programme

Saturday 16th April

Information Stalls including support info.
10am-noon Saint Andrew's Centre.

Fundraising Concert for village mental health projects with licensed bar featuring:

- Jonny Kingsman Band – rock to disco, 60s to present day
- Cherry on Top – 80s classics
- Blue Champagne – jazz standards

Adult tickets £7.50 Under 18s £4 available from Saint Andrew's Centre Café, Daisy Chain or Neil Davies 232514.

7.30pm Saint Andrew's Centre.

Sunday 17th April

Village Churches will feature mental health in their morning services.

A Time for Reflection & Prayer

7pm Saint Andrew's Centre.

Monday 18th April

Film show 'Inside Out' for IVC school pupils.
4pm IVC.

A Taste of Mindfulness with Sarah Parkin. This informal evening provides an opportunity to gain a basic overview of mindfulness and includes different mindfulness practices.
7.30pm Saint Andrew's Centre.

Tuesday 19th April

Advice Drop-in for the Elderly and Carers with information stalls and refreshments.
10am-noon Methodist Church.

Advice Drop-in Baby Club with support specialists from Histon Early Years Centre.
11am Saint Andrew's Centre.

Drop-in for Parents to share experiences and concerns.
1-3pm Saint Andrew's Centre Café.

Mental Health in Children & Young People with Kim Traicos, the Outreach Project Leader of Blue Smile.
7.30-9pm Histon Junior School.

Dementia Friends Information
8.30-9.30pm Saint Andrew's Centre.

Wednesday 20th April

Mental Health Café for IVC pupils part of a comprehensive series of activities and support at IVC during the week.
11am-2pm IVC.

'Being Me' a Reflective Activity for Years 5 & 6
During the day at Histon and Impington Junior School.

Mental Wellbeing & Fitness with Neil Marsh and friends. Hear personal experiences of how fitness and sport have helped with mental wellbeing & how to start the fitness journey.
8pm Recreation Ground Centre.

Thursday 21st April

Mental Health Any Questions with panellists from local education, MIND in Cambridgeshire, NHS, a parent with direct experience of a child with serious mental health problems and Steve Mallen, founder of the MindEd Trust.

This event provides an opportunity to ask any related mental health question either directly or in anonymous written form to the panel and for a general discussion on mental health support in our community.

7.30-8.45pm Saint Andrew's Centre.

Saturday 23rd April

Relax Kids Family Session for parents with their children (ages 4-11), to experience mindfulness and relaxation together and learn skills to use at home.

10-11am Saint Andrew's Centre.

Film showings at Saint Andrew's Centre.

10.30am **Iris** (showing Iris Murdoch, the famous novelist, struggling with dementia in later life).
For a lift call Jean on 07772 437789.

2.30pm **Inside Out** (Walt Disney family film) followed by cake and a time to chat.

For the latest updates and information see the website
www.himw.org.uk

