

Histon & Impington Mental Wellbeing Week

16th - 23rd April 2016

Raising awareness and understanding of mental health issues



Sat 16th	Information Stalls	10am-noon Saint Andrew's Centre
	Fundraising Concert	7.30pm Saint Andrew's Centre
Sun 17th	Village Churches feature mental health	
	A Time for Reflection & Prayer	7pm Saint Andrew's Centre
Mon 18th	Film show 'Inside Out' for IVC school pupils	
	A Taste of Mindfulness	7.30pm Saint Andrew's Centre
Tue 19th	Advice Drop-in for Elderly & Carers	10am-noon Methodist Church
	Advice Drop-in Baby Club	11am Saint Andrew's Centre
	Drop-in for Parents	1-3pm Saint Andrew's Centre Café
	Mental Health in Children & Young People	7.30-9pm Histon Junior School
	Dementia Friends Information	8.30-9.30pm Saint Andrew's Centre
Wed 20th	Mental Health Café for IVC pupils	
	'Being Me' a Reflective Activity for Years 5 & 6	
	Mental Wellbeing & Fitness	8pm Recreation Ground Centre
Thur 21st	Mental Health Any Questions	7.30-8.45pm Saint Andrew's Centre
Sat 23rd	Relax Kids Family Session	10-11am Saint Andrew's Centre
	Film showings Iris 10.30am Inside Out 2.30pm	Saint Andrew's Centre

For the latest updates and information see the website

www.himw.org.uk