

Histon & Impington Mental Wellbeing Week

This October the village Mental Wellbeing Forum are building on last year's Mental Wellbeing week to further raise awareness and understanding of the issues surrounding mental wellbeing for all ages from toddlers to older residents.

Mental wellbeing 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.

There are many issues that impact on our wellbeing 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.

There are a range of different activities on offer during the week, including Art & Wellbeing, Mindful Walking experience and an Any Questions event that will give you a chance to ask and hear opinions about many of the issues that impact mental wellbeing. There are two fundraising concerts to help fund the work of the Mental Wellbeing project.

In the New Year mental health first aid training is planned for volunteers within the community, so if you are interested in joining in with this please let us know at one of the events or contact Annabell Webb.

We hope that the **2017 Histon and Impington Mental Wellbeing Week** will provide an opportunity to remove the stigma and increase our understanding and awareness. For more details of the events see the website himw.org.uk

Histon & Impington Mental Wellbeing Champion

Annabell Webb is the new Mental Wellbeing Champion working as part of HICOM (Histon and Impington Community) charity. She started in April 2017 and is working with the community and existing providers to develop, deliver and coordinate a range of activities and groups to promote mental wellbeing for all ages.

She is already running a number of groups in the schools and hosting drop-in sessions in a variety of locations around the village. If you would like to get in touch with her details are:

Annabell Webb

Mental Wellbeing Champion

Mobile: 07860 654456

Email: annabell.webb@hicom.org.uk

Sources of information & support

Samaritans 116 123

- Provide a listening ear, no matter what the problem or situation, so you never need be alone.

Mental Health First Response Service 111 Option 2

- Round the clock mental health care, advice and support.

Lifeline Mental Health Helpline 0808 808 2121

- A local, confidential and anonymous helpline service available from 7-11pm

Guide to mental health services in Cambridgeshire

- Comprehensive guide produced by local charity Lifecraft available as a PDF from lifecraft.org.uk

Our thanks to the following for their financial support

St Andrew's Church, Histon, Poor's Land Charity, Histon & Impington Parish Council, Histon Beer Festival, HICOM, Batterson-Chivers Foundation, Cambridgeshire Community Foundation, Friends of the Rec and Histon & Impington Feast.

Histon & Impington Mental Wellbeing Week

7-14 October 2017



Raising awareness and
understanding of mental
health issues

www.himw.org.uk

Histon & Impington Mental Wellbeing Week Programme

Saturday 7th October

Fundraising Ceilidh with Stomp Happy Tribe Band for the village Mental Wellbeing project, with licensed bar. Tickets: Adults £10, Under 18s £5 available from Daisy Chain or Neil Davies 01223 232514
7.30pm Histon Junior School

Sunday 8th October

HI Churches Together An introduction to mental wellbeing for teenagers
7pm Saint Andrew's Centre

Monday 9th October

General Drop-in with the Mental Wellbeing Champion
9.30-11am Saint Andrew's Centre

Community Mental Wellbeing networking evening for details contact Chris Cox 01223 233728
6.45pm Histon Junior School

Come and Try Tour of the Sports Centre
6-8pm IVC Sports Centre

Tuesday 10th October

Drop-in for Parents with the Mental Wellbeing Champion
8.30-9.30am Histon Junior School

Advice Drop-in for the Elderly and Carers with information stalls and refreshments
10am-2pm Methodist Church

Come and Try Tour of the Sports Centre
10.30am-12.15pm IVC Sports Centre

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

Wednesday 11th October

Business Breakfast on becoming a dementia friendly business includes a Dementia Friends Information Session
8.30-9.30am Histon Baptist Church

Sport & Mental Wellbeing discussion and film exploring the link between sport and mental health – with local sports people and the Mental Wellbeing Champion
7.30pm Red Lion Pub

Thursday 12th October

Art & Wellbeing Activity Open session for all ages to explore wellbeing through art
2-4pm Recreation Centre Community Room

Mental Health Any Questions with panellists including local MP Lucy Frazer, Steve Mallen, founder of the MindEd Trust and others. 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

Come and Try Tour of the Sports Centre
6-8pm IVC Sports Centre

Friday 13th October

Film Showing of Still Alice Followed by a discussion about developing our understanding of living with dementia
7.30pm Saint Andrew's Centre

Saturday 14th October

Mindful Walking & Creative Activity a chance to creatively explore what mindfulness is and how to apply it in daily life
2-4pm Recreation Centre Community Room

Fundraising Concert An evening of delightful music with Jazzitation & C Breezes (clarinet & saxophone group). Tickets: Adults £6, Under 18s £2 available from Daisy Chain or Neil Davies 01223 232514
7.30pm Saint Andrew's Centre



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

The week is organised jointly by the Histon and Impington Mental Wellbeing Forum and Histon & Impington Community Ltd (HICOM) charity number 1069042