MENTAL HEALTH AWARENESS WEEK
8 – 14 MAY, 2017

To highlight Mental Health Awareness Week Health and Safety Service have arranged the following events:

**MONDAY 8 MAY**

12.30pm – 1.30pm, EHB ROOM J.2.02

Jane Giles, Clinical Lead from Let’s Talk Wellbeing – Leicestershire & Rutland will be talking about recognising the signs and symptoms of stress and mental health problems.

Title: Let’s Talk Wellbeing: Awareness of anxiety, stress and depression.

**TUESDAY 9 MAY**

12.00 – 1.00pm, Outside the EHB

De-stress with doggies! Come and say hello to some four legged friends. The Guide Dogs for the Blind Association will be bringing some of their dogs to campus for a cute fussing session.

For more information about The Guide Dogs for the Blind Association visit their website: [http://www.guidedogs.org.uk/aboutus#WQByh_nyup](http://www.guidedogs.org.uk/aboutus#WQByh_nyup)

Donations to The Guide Dogs for the Blind Association on the day will be welcome.

**WEDNESDAY 10 MAY**

11.00am – 4.15pm, Wavy Top L037, University Safety Forum
The bi-annual forum aimed at School / Service Safety officers will be focusing on mental health. Jan Sutton from the Centre for Faith and Spirituality will be giving a short presentation outlining the services and support that they offer. The forum is not only open to School / Service Safety Officers, but to any staff member with health and safety responsibility within their role.

If you would like to attend contact Lynda Langford (l.langford@lboro.ac.uk / 01509 222181) for more details.

**THURSDAY 11 MAY**

We all know that being physically active is good for our bodies. Our physical health and mental health are closely linked – so physical activity can be very beneficial for our mental health and wellbeing too.

**12.00 – 1.00pm, Victory Hall – Soccercise**

Holly Gunn will be running an aerobics session with a difference.

Soccercise combines a variety of fitness exercises with a football and was developed to encourage more women and girls to give football a try, but the session is open to anyone.

Footballs are provided and you don’t need specialised kit just trainers and comfortable clothing.

See the video for more details.


There are a limited number of places available so please contact Lynda Langford (l.langford@lboro.ac.uk / 01509 222181) if you are interested.

**1.00pm – 2.00pm, Dance Studio, Sir David Wallace Building – Yoga**

Elaine Richards will be leading a yoga for beginners session.

Please ensure you are dressed appropriately in trainers and comfortable clothing.

There are a limited number of places available so please contact Lynda Langford (l.langford@lboro.ac.uk / 01509 222181) if you are interested.
FRIDAY 12 MAY

10.00am – 4.00pm, EHB Atrium – Mind Ball

Jedi mind challenge! – Mind Ball

Two players compete in a relaxation competition. Headbands worn by players monitor the brainwaves, and the level of relaxation influences how far and how fast a ball moves along a track.

You can find more information about Mind Ball at their website http://www.mindball.co.uk/

MONDAY 8 MAY – FRIDAY 12 MAY

All week in the ‘Quiet Room’ in the Centre for Faith and Spirituality (CFS) there will be an opportunity to relax with some fun games and activities. We will have jigsaws, colouring books, board games, giant jenga and giant connect four.

CFS also have a meditation and relaxation area available all week with some short mindfulness and meditation exercises you can follow. Or you can just sit and relax during your lunch break.

Every Day in the EHB Atrium from 12.00 to 2.00pm

Visit our Mental Health Awareness stand and win a worry eater cuddly toy!

Write or draw your worries on a piece of paper, and feed it into their mouth and the worry eater will help ease your fears!

For more information about Mental Health Awareness Week visit the Mental Health Foundation website: https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week