

World Mental Health Day 10th October

Mental health in a changing world



Activities in Settle on World Mental Health Day.

No need to book – just turn up

SETTLE SWIMMING POOL – Kendal Road, Giggleswick (opp. Settle College)

Silver Swimmers 9.45 - 11.30 - for Over 60's. A drop in session where our senior customers can come and enjoy our warm, friendly, pool. Have a swim or do your own gentle exercise. Wednesday mornings 9:45 to 11.30am. Afterwards, you don't need to rush off. Refreshments will be served by our staff so you can sit, relax and enjoy your local community swimming pool. **Concessionary price entry and includes refreshments.**

Gentle self-led Exercise and Swim Sessions – 12.30 – 1.30. Open to anyone Over 18 with a long-term health condition (visible or invisible) or recovering from surgery. **Concessionary prices apply.** <http://www.settleswimmingpool.co.uk/>

WALKING FOR HEALTH – NORTH CRAVEN STROLLERS - Keep fit, explore the countryside, enjoy a cuppa, make new friends. "Local walk in Settle/Giggleswick" The meeting point is under the covered entrance to the Millennium Gardens near Booths at 1.30pm. Walks last from 60 to 90 minutes with an optional visit to a café afterwards. Walkers with carers are welcome. IF YOU NEED SUPPORT, PLEASE BRING A CARER". Please dress appropriately for the weather. **FREE** www.walkingforhealth.org.uk/walkfinder/north-craven-strollers

SETTLE COMMUNITY LIBRARY – Limestone View, Lower Greenfoot, Settle.

Afternoon Tea, Cake & Talk 2pm. 'The Emotional Brain' – Dr Janet Donnelly. FREE

Join retired Consultant Community Paediatrician and trained Human Givens Counsellor, Dr Janet Donnelly and find out how the emotional brain works, what makes you feel the way you do and what simple strategies you can use to feel more in control

5 Ways to Wellbeing



Don't forget to collect a 5 Ways to Wellbeing water bottle available FREE at all our events



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