

World Mental Health Day 2018 Events

Craven Area

What...	Where...	When...
Art Exhibition	Ingleton Library	Pioneer Projects will be providing an art exhibition at Ingleton library (ALL WEEK); Ingleton Methodist Church Choir WELLBEING CHOIR will also perform in the library
singing group (mobile); art group	Looking Well (Bentham)	Open arts group confirmed plus singing group in library (TEA AND CAKE 10- 12; CHOIR 10:30-12; ART GROUP 2-4 IN THE AFTERNOON). Contacting local organisations to have presence in library space during day.
Walking for health group	Settle	Local walk in Settle/Giggleswick on 10 October. The meeting point is under the covered entrance to the Millennium Gardens near Booths at 1.30pm. Walks last from 60 to 90 minutes. Walkers with carers are welcome. IF YOU NEED SUPPORT, PLEASE BRING YOUR CARER
Gentle exercise and swim at the pool	Settle Swimming Pool	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 EXERCISE AND SWIM SESSIONS - 12:30 - 1:30 OPEN TO ANYONE OVER 18 WITH A LONG TERM HEALTH CONDITION (VISIBLE OR INVISIBLE)
Janet Donnelly to do talk on the Emotional Brain on 10th October as part of WMHD Afternoon Tea and talk at 2pm	Settle Library	Join retired Consultant Community Paediatrician and trained Human Givens Counsellor, 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. 2pm
Walking for health	Meet outside Cross Hills library, 11am 12 noon. Refreshments will be provided.	Join us for a walk to celebrate World Mental Health Day 11 am - meet at South Craven Community Library where refreshments will be available before and after the walk. Walk takes approx. 1 hour
Good Conversations with Exclusively Inclusive / Katie Peacock	Cross Hills Library - 10.30 - 11.30	We all know what a difference having a chat can make to brighten up our day. Come along and join in with our 'Good Life chat' over a cuppa and piece of cake.' 10 - 11 am
Library Lavender Bag Craft Session run by ALSS	Skipton Library 1.30 pm	Looking at different types of pots to paint for growing lavender/herbs /up cycling jars Painting pots and planting lavender Making simple lavender bags Quiz and hand outs discussion

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Craven College - managing stress	Herriots Hotel, Skipton 9.30 - 11 am	FOR PROFESSIONALS - BOOKING REQUIRED. Managing Stress taster with Craven College (Tutor: Deborah Hooker)
Demystifying mental health	Herriots Hotel, Skipton 11.15 am - 12.15 pm	FOR PROFESSIONALS - BOOKING REQUIRED. Demystifying mental health
Craven College - resilience sessions	1 - 2 pm	FOR PROFESSIONALS - BOOKING REQUIRED An Introduction to Building Resilience with Craven College (Tutor: Vicky Spencer, Resilience coach)
Health and Wellbeing Workshop	10.30 - 12.30 CANCER SUPPORT CENTRE 45a Armoury House, Otley St., Skipton BD23 1EL. 01756 228088 for info or book	Self care: Giving yourself permission For carers of anyone affected by a cancer diagnosis
Client Well Being (for NY Horizons clients)	North Yorkshire Horizons, 4a Millbridge House, Skipton, BD23 1NJ. 01723 330730. 1 pm - 4pm	Drug and alcohol services in North Yorkshire. Client Well-Being including acupuncture, relaxation workshops in mindfulness and hypnotherapy
Drop in	Gargrave Library 2 - 5 pm	Find out about what is going on in Gargrave