

# Mental Health Awareness Week 9th-15th May Events

Get involved!



Working together to  
improve the health  
and wellbeing of our  
communities

# Mental Health Awareness Week

9 - 15 May 2022

#IveBeenThere



Here is information on events across Bedfordshire, Luton and Milton Keynes happening during mental health awareness week. Please note there is likely to be other events and activities happening during the week. Look out for local information on these and others ways to get involved!

## **Loneliness & Isolation PM**

### **Event date and time**

**Date: Monday 9 May 2022**

**Time: 6:00pm -to 7:00pm**

### **Event description**

This workshop will explore what it means to feel lonely and isolated. Desiring contact and feelings of closeness with others is a normal human desire; we are a social species and are programmed to be around others. Loneliness is the feeling we get when our need for rewarding social contact and relationships is not met.

Do you sometimes feel lonely and isolated?

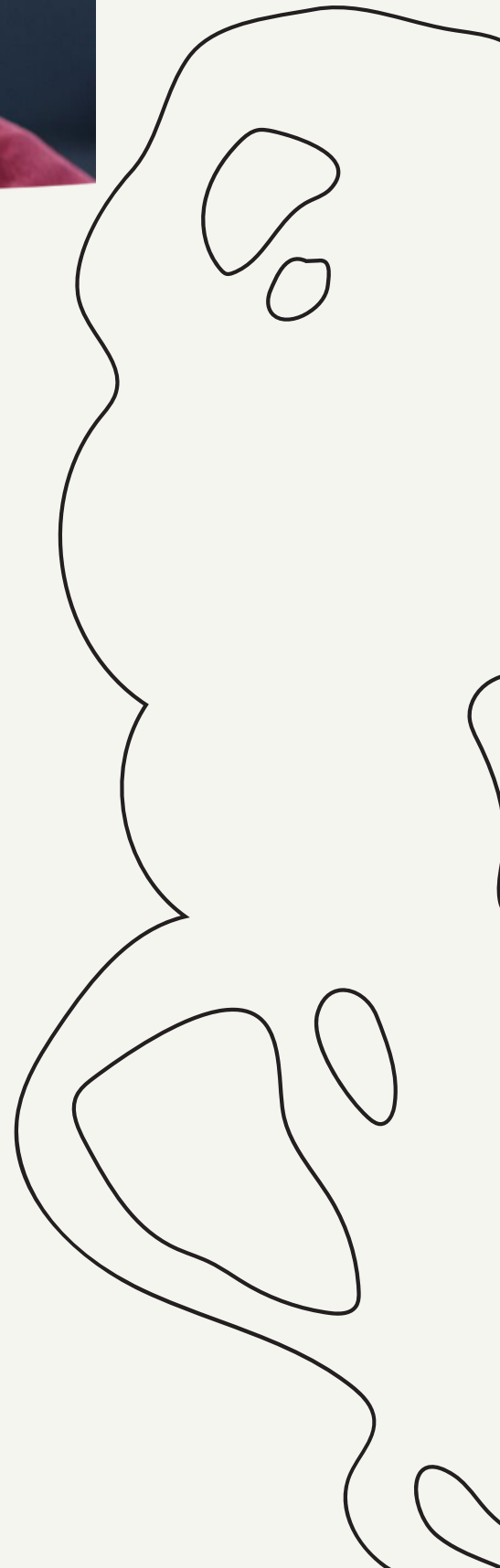
Then do join us for an interactive talk on ways to overcome feelings of loneliness and isolation

### **Follow this link to book on:**

<https://www.totalwellbeingluton.org/talking-therapies/wellbeing-webinars>



The Talking Therapy Teams are very pleased to offer pre-recorded webinars which can be accessed any time. They include Improving Motivation, Managing Stress, Managing Worries, and Improving Sleep. The topics will be regularly updated so please keep checking the website at: [BLMK Events :: MK Talking Therapies](#).





# For Men To Talk

A chance for men suffering with anxiety, depression and grief to talk with other fellow sufferers.

## **Events**

Luke Newman - For Men To Talk (Guest)  
Sun 8 May: For Men To Talk... and Walk.  
Starts at 9.30am in Biggleswade.

Luke Newman - For Men To Talk (Guest)  
Tues 10 May: For Men To Talk Face-to-Face Group  
Meeting in Biggleswade. (6pm-8pm)

Telephone: 07709 446480 (Luke Newman)  
Email: [formentotalk@hotmail.com](mailto:formentotalk@hotmail.com)  
[www.facebook.com/formentotalk](http://www.facebook.com/formentotalk)  
[www.twitter.com/formentotalk](http://www.twitter.com/formentotalk)  
[www.instagram.com/formentotalk](http://www.instagram.com/formentotalk)  
[www.linkedin.com/company/formentotalk](http://www.linkedin.com/company/formentotalk)

Join us for our

**LIFE EVENT  
OPEN DAY**

**Mind  
BLMK**

Lighthouse Young Peoples Group

Peer Mentoring

MK Crisis Recovery Service

Crisis Cafe

Peer Support

Mind Matters

at Luton Wellbeing Centre

Suicide Prevention Pathways Service

**Thursday 12th May 2022**  
10.00am - 6.00pm

Mind BLMK, Luton Wellbeing Centre, 46-56 Dumfries Street, Luton LU1 5BP



# British Red Cross

## **Tackling loneliness**

**Time length: 60 minutes**

**Group size: 5 to 15**

**Delivery: Online (individual and group),  
face-to-face (eligible groups only)**

### **Description:**

This workshop aims to give you the opportunity to speak openly about how it might feel to be lonely or isolated and learn skills to help others who may be suffering. Using group discussion to address the complex causes and effects of loneliness, there will be a chance to reflect and share personal experiences too. We will also discuss and practise how to be an effective listener in order to support others.

Book [Here](#)

# Free Loneliness Webinars

## **Exploring loneliness openly**

**Time length: 60 minutes**

**Group size: 5 to 15**

**Delivery: Telephone (individual and group)**

### **Description:**

This workshop aims to give you the opportunity to speak openly about how it might feel to be lonely or isolated and learn skills to help others who may be struggling. During this group call we'll address the varying causes and effects of loneliness, with the chance to reflect and share personal experiences. We will discuss approaches to helping others and how to be an effective listener.

Book [Here](#)

# Thank you for supporting for Mental Health Awareness Week



*If you have information on an event for Mental Health Awareness week and would like this sharing please email: [Sophie.Jordan@milton-keynes.gov.uk](mailto:Sophie.Jordan@milton-keynes.gov.uk)*



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