



**BRUNSWICK  
HUB FOR**

**MENTAL  
HEALTH  
AWARENESS  
WEEK**

**13-19 MAY 2024**

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# WAYS TO GET INVOLVED

The Mental Health Foundation are running various fundraising schemes alongside MH Awareness Week 2024, including encouraging people to hold Wear it Green days at school, work, etc throughout the year to raise money.

For more information on Mental Health Awareness Week and how you can get involved visit [www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week](http://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week)



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# #MOMENTSFORMOVEMENT

For Mental Health Awareness Week this year, the theme is 'Movement: Moving more for our Mental Health'

Regular exercise and movement can help improve and maintain mental health through release of certain hormones, improving sleep and increasing body positivity. It can also be a good way to meet people by taking part in exercise within groups or teams.



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# WAYS TO MOVE MORE

Despite it's important, many struggle to fulfill the daily recommendations for physical activity for a range of reasons. If you would like to become a bit more active in your daily life but are finding it difficult, why not start small by moving a little at a time. If you are boiling the kettle, waiting for the bus or just having a break from sitting for a long period, why not do some stretches, have a little walk around the room or even pop on you favourite song and have a little dance?

Visit [www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/boost-your-mental-health-moving-more](https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/boost-your-mental-health-moving-more) for tips on how to get moving a little at a time



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# MOVING MORE - LOCAL GROUPS

If you would like to get out and get a little more active with walking or running, there are some local groups in the Leamington and Warwick area.

 RAMBLERS

**WELLBEING  
WALKS**

Warwick District

There are several local free Wellbeing Walks in the area, encouraging those of all ages and abilities to get involved.

This includes our walking group, the Shrubland Strollers, which runs every Monday morning. The group meet at the Hub at 10.30am and plan their route from there.

For a list of all Wellbeing Walks in Leamington, Warwick & Kenilworth, visit [www.warwickdc.gov.uk/info/20001/health\\_social\\_care\\_and\\_safety/1203/wellbeing\\_walks](http://www.warwickdc.gov.uk/info/20001/health_social_care_and_safety/1203/wellbeing_walks)

The Leamington primary care network hosts several Run Talk Run groups throughout the week from various locations in the local area for those wanting to run.

Visit

[www.clmp.org.uk/pages/Run-Talk-Run--Walk-Talk-Walk](http://www.clmp.org.uk/pages/Run-Talk-Run--Walk-Talk-Walk) for more information on the sessions and how to join.



 BHLC

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# LOCAL ACTIVITIES



MENTalk is a weekly group session that aims to help men with their emotional health and wellbeing. It is run by Sky Blues in the Community and held on Tuesday afternoons at St Nic's in Warwick.

They also run WOMENTalk sessions, however these are a little further away, taking place in both Coventry & Nuneaton.

Visit [www.cafc.co.uk/community/sbitc-health/](http://www.cafc.co.uk/community/sbitc-health/) for more info!

Being outdoors in nature can help many struggling with their mental health...

ARC run weekly sessions at both Foundry Wood in Leamington and Packmores community garden in Warwick that focus on improving health & wellbeing in our outdoor setting. They also run 8 week courses at Tallis wood in Radford Semele.

[arccic.co.uk/adult-wellbeing/](http://arccic.co.uk/adult-wellbeing/)

Guided Meditation & Sound Baths from Code 11 Holistics run monthly at Brunswick Hub as well as other venues in the area. Check them out on [Facebook!](#)



The Recovery & Wellbeing Academy offers a range of courses & workshop relating to Mental Health and Wellbeing.

[www.recoveryandwellbeing.co.uk](http://www.recoveryandwellbeing.co.uk)



Mind run Green Minds, weekly gardening sessions at a Leamington allotment.

[swmind.org.uk/our-services/green-minds/](http://swmind.org.uk/our-services/green-minds/)



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**Improve** Healthier Happier Positive New skills Empowered  
 Make friends Confidence Enjoyment  
 Resilient Grow Reach potential

# MENtalk

#MakingADifference

MENtalk is a weekly group session, designed to bring men together to improve their wellbeing. Delivered by mental health specialists, professional sports coaches and expert activity instructors



MENtalk is delivered in four locations:

- Coventry • Warwick • Nuneaton • Rugby

If you'd like to get involved with one of our friendly MENtalk sessions, please get in touch today  
[robert.chandler@sbitc.org.uk](mailto:robert.chandler@sbitc.org.uk) | 07845 812639

**Healthier Happier Positive New skills Empowered**  
 Make friends Confidence Enjoyment Grow

# WOMENTalk

#MakingADifference

**WOMENTalk** is a weekly group session, designed to bring women **together** to provide support and improve their mental health and well-being. Delivered by SBitC's mental health team and professional sports coaches.

Don't feel alone, join WOMENTalk



WOMENTalk is delivered in two locations: Warwick | Nuneaton

If you'd like to get involved with one of our friendly WOMENTalk sessions, please get in touch today  
[jack.clemons@sbitc.org.uk](mailto:jack.clemons@sbitc.org.uk) | 07494734264

Together • Improve Confidence • Chat • Multi-sport Activities • Meet New People





# BEREAVEMENT & MENTAL HEALTH

A bereavement can have a huge impact on mental health, regardless of whether you've previously struggled with your mental health or not.

Grief is a complicated state and affects everyone differently - there is support available in the local area if you are struggling.

We offer bereavement support here at Brunswick hub, with both one-to-one support and group support available.

Get in touch with us for more information on either service by calling 01926 422123 or emailing [theresataylor@brunswickhlc.org.uk](mailto:theresataylor@brunswickhlc.org.uk)

The Sahil Project offers a range of support services including bereavement support with Cruse. They are now starting weekly sessions at The Sydni Centre for those dealing with a bereavement. Visit [Sahil Project on Facebook](#) or call 02476 638754 for more information.

If you have been bereaved by suicide, there is support available from Survivors of Bereavement by Suicide. They do a monthly support group run by volunteers, many of whom have had similar experiences. To find out more call 02476 302 969



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# MONEY & MENTAL HEALTH

Worrying about finances can affect your mental health, at the same time struggling with your mental health can affect the way you deal with money. There is some info on money & mental health [here](#) & [here](#). If you are having specific money issues or struggling to budget, there is help available online and in the local area.

[www.warwickdc.gov.uk/info/20845/cost\\_of\\_living\\_support](http://www.warwickdc.gov.uk/info/20845/cost_of_living_support) provides information & signposting for support in a wide range of areas, from benefits to help with utility bills to housing support.

Act On Energy provide advice surrounding energy bills  
Freephone: 0800 988 2881

Citizens Advice are running drop in sessions at their Leamington office in Hamilton Terrace on both Tuesday (10-2) and Wednesday (10-1)

Here at the Hub, our Health & Wellbeing team can offer advice and support on benefits, budgeting and food poverty. They run a weekly drop in every Wednesday, 1-3pm, a monthly late drop on a Tuesday and offer one-to-one appointments

The Warwickshire Welfare Scheme may be able to assist those that are significant struggling with rising living costs.

[www.warwickshire.gov.uk/localwelfarescheme](http://www.warwickshire.gov.uk/localwelfarescheme)



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# CHILDREN/YOUNG PEOPLE

There are a variety of services specifically for children & young people that may be struggling with their mental health and for parents that have concerns too.

Coventry & Warwickshire Mind have a range of information for children, parents and professionals - [cwmind.org.uk/resources/](https://www.cwmind.org.uk/resources/)

Young Minds' website has range of resources and information for both young people and parents - [youngminds.org.uk/](https://www.youngminds.org.uk/)

Mental Health charity, Stem4 has a website and several apps aimed at teenagers to help with a variety of worries - [stem4.org.uk/](https://www.stem4.org.uk/)

CharlieWaller.org has a video project supporting young people's mental health - [www.charliewaller.org/what-we-offer/projects-in-partnerships/in-our-own-words](https://www.charliewaller.org/what-we-offer/projects-in-partnerships/in-our-own-words)

Talk Grief has info & resources for teens & young adults struggling to cope with a bereavement - [www.talkgrief.org/](https://www.talkgrief.org/)



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# AVAILABLE SUPPORT



## ONLINE/PHONE SUPPORT

The Hub of Hope is an online mental health database where you can find various types of support - [www.hubofhope.co.uk](http://www.hubofhope.co.uk)

Safe Have Coventry & Warwickshire provide out of hours crisis intervention & support for those experiencing mental health distress. They are open 6pm-11pm, 7 evenings a week.

024 7601 7200

The Samaritans are open 24 hours a day, 365 days a year if you are having a difficult time and need someone to talk to.

Call 116 123

The Mental Health Crisis Service is there for those in need of urgent mental health care - 08081 966798

## LOCAL SUPPORT

NHS Talking Therapies are available for face-to-face support in varied location. Visit [www.talkingtherapies.covwarkpt.nhs.uk/](http://www.talkingtherapies.covwarkpt.nhs.uk/)

Wellbeing for Warwickshire hold drop-in hubs throughout Warwickshire including one in Warwick on a Wednesday afternoon. Visit [wellbeingforwarwickshire.org.uk/locations-across-warwickshire/](http://wellbeingforwarwickshire.org.uk/locations-across-warwickshire/) for more information.



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