

# Cannock Chase Mental Health Hub

**The 5 steps to Mental Wellbeing**

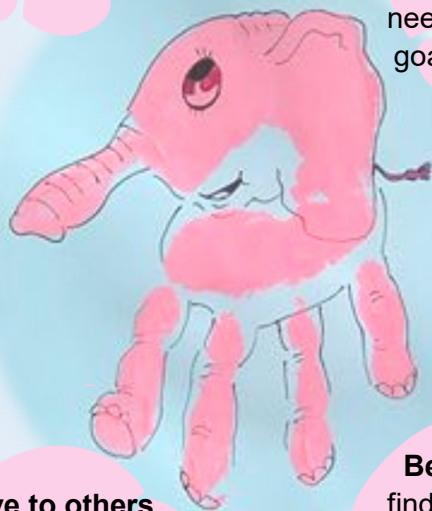
**Connect with others...** positive people that accept you as you are

**Connect with yourself...** Make time to learn your needs, set realistic goals and be kind to yourself

**Learn something new...** Be open to trying something new

**Give to others...** volunteer for a cause you care about & those who appreciate your help

**Be active...** find something physical that suits your needs and that you like



Day and Date	Town and Time	WHERE TO MEET	ACTIVITIES and drop ins that are not every week
New course for vulnerable adults	Lichfield, Tamworth, Burntwood and Cannock	South Staffordshire College is providing FREE 10 week 'Art for Life' courses to build self-esteem and confidence.	Ask your doctor or nurse for details or contact the Community Office at South Staffordshire College on 01543 301198 or 01827 304337
Wednesday 26th September	Rugeley 6-8pm	Victory Church, 11 Anson Street, WS15 2BG	Help a Squaddie Free VETERANS Drop In: Friendly chat, PTSD therapy, advise and support for housing and back to work
Wednesday 26th September	Hednesford 9.30am—3.30pm	Hednesford Park Pavilion (Besom broom, Elephant, Garden fencing & Xmas crafts)	The Forest of Mercia CIC 4 sessions of natural crafts course over 4 months: Free to take part but all dates must be attended 10th Oct., 14th Nov., & 12th December
Monday 1st October 	Hednesford 10am	Hednesford Park Pavilion, Rugeley Road, WS12 1TB	Cannock Chase Mental Health Hub: networking group for staff & volunteers with a passion to support our community
Wednesday 3rd October	Rugeley 7-8.30pm	St. Augustines Church Hall WS12 3HG 'Recovery Network'	Chat and a cuppa or a 1-2-1 Jackie Mitchell & David Telephone: 01889 582149 Email: davidmaevans1@gmail.com
Monday 8th October	Hednesford 10am-12	Hednesford Park Pavilion Community Room, WS12 1TB	Sidney's Sight Support Group is decorating Pink Elephant Shortbread biscuits for World Mental Health Day
Tuesday 9th October	Hednesford 2-4pm	Hednesford Park Pavilion Community Room, WS12 1TB	<b>Toolbox Workshop: develop your own toolbox of strategies to cope in times of stress with someone who knows what she is talking about!</b>
Wednesday 10th October	Hednesford 9.30am—3.30pm	Hednesford Park Pavilion (Make a rustic elephant game, Garden fencing & Xmas crafts)	The Forest of Mercia CIC 4 sessions of natural crafts course over 4 months: Free to take part but all dates must be attended 10th Oct., 14th Nov., & 12th December
Wednesday 10th October	Hednesford 10.30am	Hednesford Library, Market Street, Hednesford, WS12 1AD	Dawn and Kim are making pink elephant crafts for children and 'big kids' who like crafts for 'World Mental Health Day'
Wednesday 10th October	Hednesford 10am—12	Hednesford Park Pavilion Community Room, WS12 1TB	Mindful gardening including a mindful walk in the park.
Wednesday 10th October	Rugeley 6-8pm	Victory Church, 11 Anson Street, WS15 2BG	Help a Squaddie Free VETERANS Drop In: Friendly chat, PTSD therapy, advise and support for housing and back to work
Monday 15th October	Hednesford 12noon	Hednesford Park Pavilion Community Room, WS12 1TB	Mindful Monday's: Step in to the Moment Walk Telephone Cara:
Tuesday 16th October	Hednesford 11am-2pm	Hednesford Park Pavilion Community Room, WS12 1TB	Hednesford Elderberries for families and friends affected by living with Dementia (2nd Tuesday of every month)
Tuesday 16th October	Rugeley 10am-2pm	Victory Church, 11 Anson Street, WS15 2BG	Help a Squaddie Free VETERANS Drop In: Friendly chat, PTSD therapy, advise and support for housing and back to work
Tuesday 16th October	Rugeley 4-6pm	Community Centre, Burnthill Lane, Rugeley WS15 2HX	<b>Cannock Chase Community Help and Support Showcase event for ALL organisations providing a service for families</b>
Wednesday 17th, October	Rugeley 7-8.30pm	St. Augustine's Church Hall WS12 3HG 'Recovery Network'	Chat and a cuppa or a 1-2-1 Jackie Mitchell & David Telephone: 01889 582149 Email: davidmaevans1@gmail.com
Thursday 18th October	Hednesford 6-7pm	Hednesford Park Pavilion Community Room (ring Lynn on 07855 099353/ 01543 464683)	Time to Change Mental Health Champions Campaign Group (People who have lived experience of mental health illness and want to make a difference about reducing stigma)
Wednesday 24th October	Rugeley 6-8pm	Victory Church, 11 Anson Street, WS15 2BG	Help a Squaddie Free VETERANS Drop In: Friendly chat, PTSD therapy, advise and support for housing and back to work

## October 2018

**Worried, stressed or suicidal?**  
Need someone to talk to?

**Call Staffordshire Mental Health Helpline**  
FREE and confidential  
**0808 800 2234**  
Monday-Friday 7pm-2am  
Saturday & Sunday 2pm-2am  
Available to anyone aged 18 and over living in Staffordshire

**Helpines STANDARD**  
**brighter futures**  
community support, housing and employment

**time to change**

**let's end mental health discrimination**

Time to Change Champions are people with lived experience of mental health problems who campaign to end mental health discrimination in their communities. The Champions network is an opportunity to meet like minded people and campaign together to change attitudes and behaviour.



We have a Mental Health Champion Campaign Group Meeting on Thursday 18th October at 6pm, Hednesford Park Pavilion. Please ring Lynn for details: 07855 099353

**Toolbox**

**9th October 2pm**

Toolbox helps individuals identify their own support network throughout the 4 identifiable stages of mental health experiences. People are signposted to emotional wellbeing tools and services that may be helpful for them. To book a session please contact: 01543 301139 or email:

[ToolboxReferral@ssnmentalhealth.co.uk](mailto:ToolboxReferral@ssnmentalhealth.co.uk)



DAY	WHERE TO MEET	WEEKLY SUPPORT GROUPS & ACTIVITIES	TIME
Monday Hednesford	Hednesford Park Pavilion WS12 1TB 07855 099353	ChaseFit Walk for Health	9.30am start
Monday Hednesford	Hednesford Park Pavilion Community Room, WS12 1TB	Sidney's Sight Support Group (Telephone 07855 099353)	10am-12 noon
Monday Chase Terrace	St. Johns Community Church, High Street. WS7 1LR	<b>Bereavement</b> Help Point for information, advice & support Telephone: 01543 434536	2.30-4.30pm
Monday Hednesford	Hednesford Park Pavilion Community Room, WS12 1TB	Confidence building courses (Contact Collette 07918 940185)	1-4pm
Tuesday Rugeley	Ravenhill Park car park, Middle Road, Rugeley, WS15 1DS	ChaseFit Walk for Health (Hettie Pigott 07917505854)	9.30am start
Tuesday Chadsmoor	St. Chads Church Hall, Cannock Road, Chadsmoor, WS11 5TA	'Wellbeing in Mind ' support, advice and friendship group. 1st week free, £1.50 per week thereafter	10am-12noon
Tuesday Hednesford	Hednesford Park The Parlour Café, WS12 1TB	'Cannock Knit and Chat' meet in the café with their sewing, knitting or crocheting. 10% off refreshments in the café!	12noon
Tuesday Cannock	Community Garden, next to St Luke's Church Centre, WS11 1DE	Chasefit Community Gardening every week. Please ring 01543 501516 for more information.	1-3pm
Wednesday Hednesford	Meet Hednesford Park Pavilion, Rugeley Road, WS12 1TB	Potter in the Park with Cara	10am—12noon
Wednesday Hednesford	Hednesford Park Pavilion, Community Room, WS12 1TB	Toast Shop: drop in friendship group	10am-12noon
Wednesday Rugeley	Rugeley Leisure Centre, Burnthill Lane, WS15 2HZ	Chasefit Walk for Health (Susan Blower 01785 788472)	11am start
Thursday Hednesford	Hednesford Park Pavilion Community Room, WS12 1TB	Maths 10-12noon course then English Course 12.30pm— 2.30pm for adults wanting support (South Staffs College)	10am-12noon
Thursday Norton Canes	Norton Canes Library, Burntwood Road, WS11 9RF	Open Arms drop in group for lonely people. For <b>bereavement</b> support please ring Val on 07503178621	11am-1pm
Thursday Rugeley	Rugeley Fire Station, Bryans Lane, WS15 2JN	<b>Bereavement</b> Help Point for information, advice & support Telephone: 01543 434536	10.30-12.30pm
Friday Cannock	Deavalls Farm, Hawks Green Lane, Cannock, WS11 7LP	Volunteering with the Countryside Team doing a wide range of management tasks. Ring 01543 450018	9.30am-3.30pm
Friday Rugeley	Victory Church, 11 Anson Street, WS15 2BG	The Hub Café Knit and Natter Group	10am—1pm
Friday Hednesford	Hednesford Park Pavilion, Rugeley Road, WS12 1TB	Social Forestry session in the woods in Hednesford Park Contact Lynn Evans for more information 07855 099353	12noon-2pm
Friday Cannock	Mill Green Nature Reserve car park, WS11 8EE	ChaseFit Walk for Health (George, Lynn or Kay 01543 501516)	10am start
Saturday Cannock	St. Luke's Church Hall reception doors, WS11 1DE	Walk for Health (Elizabeth or Gill in high viz jacket)	10.15 start
Saturday Hednesford	Hednesford Park, compound at the bottom of Tesco Steps	Family bike ride. Under 18's welcome if accompanied by a responsible adult. Off road cycle route including hills.	1.30-4.30pm