

Cannock Chase Mental Health Hub

The 5 steps to Mental Wellbeing

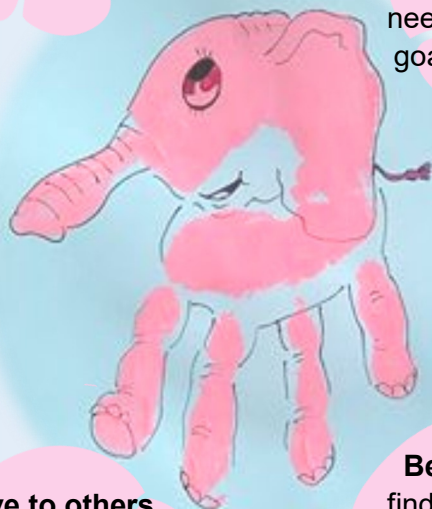
Connect with others...
positive people that accept you as you are

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

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

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



November 2018

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
Monday 5th November	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 7th November	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
Thursday 8th November	Chadsmoor 1-2.30pm	West Chadsmoor Family Centre 98 Princess Street, WS11 5JT	'Come and Be You' Weekly parents group in term time only FREE weekly support group Telephone: 01543 571698
Thursday 8th November	Hednesford 9.15-10am	Hednesford Park Pavilion WS12 1TB	'Step in to the Moment' gentle walk around the park with mindfulness (meditation) Telephone Cara on 07977 427187
Tuesday 13th November	Hednesford 11am—2pm	Hednesford Park Pavilion WS12 1TB	Craft session for people, families and friends living with Dementia. Contact Lynn Evans on 07855 099353
Tuesday 13th November	Hednesford 11am—1pm	The Museum of Cannock Chase, Valley Road, WS12 1TD	FREE weaving memories, craft session for families living with Dementia, BOOKING ESSENTIAL 01543 877666
Wednesday 14th November	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
Thursday 15th November	Hednesford 9.15-10am	Hednesford Park Pavilion WS12 1TB	'Step in to the Moment' gentle walk around the park with mindfulness (meditation) Telephone Cara on 07977 427187
Friday 16th November	Cannock 10.30am—12.30pm	Cannock Library (1st Floor in the Meeting Room) Manor Avenue, Cannock, WS11 1AA	RNIB Support group for people with sight issues. Meet the 3rd Friday of every month. Email amy.woodward@rnib.org.uk or 07748 657446 £3 each to cover room hire and refreshments.
Saturday 17th November	Rugeley 10.30am-2.30pm	Rugeley Community Centre, Burnthill Lane, WS15 2HX	'A Step Back in Time' Community Event for families and friends living with Dementia. Variety of activities including: Afternoon Tea, Mining History, Live 50's and 60's music ...
Tuesday 20th November	Hednesford 10am—12noon	Hednesford Park Pavilion, Rugeley Road, WS12 1TB	Peaceful session to enable individuals the support they need to meditate and make time for them to cope stresses of life!
Tuesday 20th November	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 20th November	Hednesford 1-3pm	Hednesford Park Pavilion Community Room, WS12 1TB	Toolbox Workshop: develop strategies to cope in times of stress with someone who knows what she is talking about!
Wednesday 21st November	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
Thursday 22nd November	Hednesford 6pm	Hednesford Park Pavilion, Rugeley Road, WS12 1TB	Time to Change, Mental Health Champions Campaign-Meeting, for anyone who has experienced mental health
Monday 26th November	Hednesford 11am—1pm	The Museum of Cannock Chase, Valley Road, WS12 1TD	FREE sensory experiences, craft session for families living with Dementia, BOOKING ESSENTIAL 01543 877666
Wednesday 28th November	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

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

Helpline STANDARD
brighter futures
mental health support, housing and employment



Family support group for loved ones living with substance abuse issues. Please pop in to the community room at Langan's Tea Rooms 6pm-7.30pm in Cannock every Wednesday.



Cara's 'Step in to the Moment' walks every Thursday morning 9.15am, walks with meditation!

Hednesford Park



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	Bereavement 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 Chads Moor	St. Chads Church Hall, Cannock Road, Chads Moor, 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 Rugeley	Rugeley Leisure Centre, Burnthill Lane, WS15 2HZ	Chasefit Walk for Health (Susan Blower 01785 788472)	11am start
Wednesday Cannock	Langan's Tea Room. WS11 1BE, 95 High Green	Support group for families and friends living with substance misuse issues Telephone: 01543 506358	6pm—7.30pm
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 bereavement support please ring Val on 07503178621	11am-1pm
Thursday Rugeley	Rugeley Fire Station, Bryans Lane, WS15 2JN	Bereavement Help Point for information, advice & support Telephone: 01543 434536	10.30-12.30pm
Thursday Chads Moor	Burns Street Working Mens club, 18 Burns Street, WS11 6DR	Chase Crafters £2.50 including refreshments and resources. 1st week free. Ring Karen on 07504 226344	1-3pm
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 Cannock	Cannock Community Fire Station, Old Hednesford Road, WS11 6LD	The Recovery Hub, Cuppa, a chat and support	1-3pm
Friday Cannock	Mill Green Nature Reserve car park, WS11 8EE	ChaseFit Walk for Health (George, Lynn or Kay 01543 501516)	10am start
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
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