

Mental Health Awareness Week



Tuesday 14 May, 10am – 4pm
Boundervean, 6 Pendarves Rd, Camborne, TR14 7QE

Agenda

Time	Activity
<i>All day</i>	Mental health marketplace Meet staff from Cornwall Mind, Talking Therapies, Sport In Mind, Pentreath, the Individual Placement Support Service, Volunteer Cornwall, Community Health Colleges, Community Mental Health teams and Cornwall Council Talk to one of our nurses about any of your physical health or wellbeing needs.
<i>All day</i>	Drop-in art and gardening activities Creative sessions with resource centre team
<i>11am – 12pm</i>	Art session Creative session using charcoal for art and expression
<i>12.30 – 13.30</i>	Community lunch An informal community lunch
<i>13.30 – 15.00</i>	Interactive music session Take part in an interactive session with practitioners from Music for Good
<i>15.30 – 16.00</i>	Relaxation session Led by Andrew from the community mental health team
<i>16.00</i>	Close

We look forward to welcoming you to this event and hope you can join us for discussion, one of our wellbeing sessions and a cream tea!