

Mental Health Awareness Week



Cornwall Partnership
NHS Foundation Trust

Wednesday 15 May, 10am – 4pm

Fraddon Village Hall, St Columb Major, Saint Columb TR9 6NT

Agenda

Time	Activity
<i>All day</i>	Mental health marketplace Meet staff from Cornwall Mind, Talking Therapies, Georgia's Voice, Complex Emotional Difficulties Team, Pentreath and Chaos. 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 Zannagh from Stepping Stones
<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!