

Mental Health Awareness Week 15th to 21st May

Date	Activity Information
<p>Sat 13th May</p>	<p>Compassionate Voices CIC: 10.30am- 1.30pm at the Hub, Low Pavements, Chesterfield, S40 1PB This is ME (This is how it should be) is a FREE 2 session workshop for girls 11-16 years. This is ME Workshop & journal will help girls discuss such issues as body image, anxiety, depression, panic attacks and the after effects from the covid pandemic much more easily. The journal's 16 beautifully laid out sections will take attendees on a step by step journey, asking easy questions to enable discussion about emotions and fears. The workshop/journal also focuses on positivity and discusses future hopes and aspirations. Refreshments included. Follow the link to book your place: https://www.eventbrite.co.uk/e/this-is-me-this-is-how-it-should-be-tickets-606473637977</p> 
<p>Monday 15th May</p>	<p>Derbyshire Recovery & Peer Support Service: Natter Café (1pm-2.30pm) The Hub, Low Pavements, Chesterfield, S40 1PB This is a weekly Natter Café particularly suitable for older people needing support with their mental health. The group is for those who are in need of a little extra support or want to feel less isolated and make new friends. The group is a relaxed drop in style with free refreshments, no need to book. For more information, please email DerbyshireRecoveryPeerSupportService@rethink.org</p> <p style="text-align: right;"></p> <hr/> <p>Compassionate Voices CIC: 1.30pm-2.30pm Loundsley Green Community Centre, Cuttholme Road, S40 4QU Join Sharon Bull from Compassionate Voices CIC during Mental Health Awareness Week for her 'Funny & Fantastique' talks at various venues across Chesterfield and North East Derbyshire. Please follow the link to book your FREE place. These talks are open to everyone and are not just inclusive to women. https://www.eventbrite.com/cc/funny-fantastique-1968649</p> 
<p>Tuesday 16th May</p>	<p>Derbyshire Recovery & Peer Support Service: Wellbeing Hub (10.30am-12.30pm) Chesterfield Library This is a wellbeing hub that happens every Tuesday at Chesterfield Library. If you are unsure of where to turn, or what support service you need or who to talk to, go in and see them. One of their workers will listen to you, and you can talk through your options together. No referral needed just pop in and say hello. For more information advice or support please call 01773 734989</p> <p style="text-align: right;"></p>

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	<p>Compassionate Voices CIC: 1.00pm-2.00pm Clay Cross Hub at Gladstone Tea rooms, S45 9JN Sharon Bulls Funny and Fantastique Talk. Open to all. Follow link to book your place: https://www.eventbrite.com/cc/funny-fantastique-1968649</p> <hr/> <p>Derbyshire Adult Community Education Session: 6.00pm-7.00pm-(Online) Natural remedies to calm a nervy mind Essential oils have many therapeutic uses, and this session will look at key oils and remedies that are particularly useful in relieving stress and anxiety. To reserve a place please use this link: https://www.eventbrite.co.uk/e/natural-remedies-to-calm-a-stressed-mind-tickets-622572269417 or to ask any further questions about the session please contact Lisa Cooper via email lisa.cooper@daces.derbyshire.gov.uk who will be leading this session</p>
<p>Wednesday 17th May</p>	<p>Derbyshire Adult Community Education Session: 9.30am-10.30am at The Hunloke Centre, Church Street South, Chesterfield, S40 2TF Pilates and Meditation for a calmer outlook A session that looks at calming anxiety now and longer term To reserve a place please use this link: https://www.eventbrite.co.uk/e/pilates-and-meditation-for-a-calmer-outlook-tickets-622564024757 or to ask any further questions about the session please contact Suzanne Lister by email suzanne.lister@daces.derbyshire.gov.uk who will be leading this session</p> <hr/> <p>Renew Cross Street Café: (10.00am-2pm) In the church hall at Chesterfield Baptist Church Cross Street, Chesterfield S40 4ST A quiet shared space where its okay to not be okay. Open every Wednesday 10:00am – 2:00pm for chat, shared hobbies and company, or just sit quietly with a cuppa. Pop in for a few minutes or stay for the morning. All welcome. For more information check out RenewCrossStreet on Facebook, email RenewCrossStreet@gmail.com or leave a voicemail on our church phone: 01246 221105</p> <hr/> <p>Compassionate Voices CIC: 1.30pm-2.30pm Grassmoor Community Centre, S42 5EE Sharon Bulls Funny and Fantastique Talk.</p>



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	<p>Open to all. Follow link to book your place: https://www.eventbrite.com/cc/funny-fantastique-1968649</p> 
<p>Thursday 18th May</p>	<p>Compassionate Voices CIC: 12.30pm-2.30pm at Killamarsh Active, Stanley Street, S21 1EL Sharon Bulls Funny and Fantastique Talk. Open to all. Follow link to book your place: https://www.eventbrite.com/cc/funny-fantastique-1968649</p> 
<p>Friday 19th May</p>	<p>Compassionate Voices CIC: 10.30am-12.30pm The Hub, Low Pavements, S40 1PB Sharon Bulls Funny and Fantastique Talk. Open to all. Follow link to book your place: https://www.eventbrite.com/cc/funny-fantastique-1968649</p> <hr/> <p>Derbyshire Adult Community Education Session: 10.00am-11.00am Online Session Relax your back, relax your mind 45min+ on back-care and how stretching and gaining confidence in moving reduces anxiety. To reserve a place please use this link: https://www.eventbrite.co.uk/e/relax-your-back-relax-your-mind-tickets-622509702277 or to ask any further questions about the session please email Nick.hodgson@derbyshire.gov.uk who will be leading this session</p>  
<p>Sat 20th May</p>	<p>ThinkFest! (10am-3pm) Vicar Lane, Chesterfield Town Centre ThinkFest! is back and is looking to be bigger and better than ever! ThinkFest! 2023 is the opportunity to show the public what services and support is available to them accompanied by a line-up of amazing performers, live music and we are reintroducing the workshops and panels for 2023. ThinkFest! is for anyone of any age and we want to make sure that we represent services for children and young people, adults and older adults.</p>

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The event is free of charge, so come down and enjoy a day dedicated to showing that Derbyshire cares about Mental Health. No need to book, just turn up on the day. For more information, please contact georgiabirdfoundation@gmail.com



Compassionate Voices CIC:

10.30am-1.30pm at The Hub, Low Pavements, S40 1PB

Part 2 of This is ME workshop for 11-16 year old girls.

Refreshments included.

Follow the link to book your place:

<https://www.eventbrite.co.uk/e/this-is-me-this-is-how-it-should-be-tickets-606473637977>



Chesterfield Area Walking Festival- Saturday 13th- 21st May

Chesterfield Area Walking Festival

The popular Chesterfield Area Walking Festival is returning for another year, with residents and visitors being encouraged to get outdoors and enjoy what the area has to offer. There are lots of different walks planned to suit all abilities, walking is a great way for adults to become more active or get back into regular exercise, and it's free! Exploring the great outdoors makes you feel better physically and mentally and there are no shortage of places to explore in our borough, with a few hidden gems to get to know too!

Booking is essential but most walks included in the festival are free to attend, with a small fee for the rest. Book tickets and find out more about the festival on the [Visit Chesterfield Website](#) or contact Helena Stenton for any further queries- Helena.Stenton@derbyshire.gov.uk 01629 533020

For more information about Walking in Chesterfield in general and to find out what groups exist within Chesterfield please contact Tina Hensey- Community Lifestyle Officer- 01246 345669 tina.hensey@chesterfield.gov.uk

[Walk Derbyshire](#) is also a good website for finding out about everything walking related!