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A WEEK of sleep workshops and mindful walks are to culminate in World Mental Health Day celebration.

Tuesday, 6 October 2015 By [Mandy Little](#)

A WEEK of free sleep workshops and mindful walks are to culminate in a musical World Mental Health Day celebration.

Organisations from across Greenwich have teamed up to stage a major celebration in General Gordon Square in Woolwich on Saturday. The event from 11am until 2.30pm is to feature performances from the Oxleas Band, singer Septimus Prime and Greenwich Mind Choir. There will also be the chance to enjoy line dancing and Tai Chi with Greenwich Get Active, Disney Shakeup for Kids sessions.

The Greenwich Mental Health and Wellbeing Forum are also delivering a series of free workshops across the borough in the run up including those offering sleep, self esteem tips and health tips, Zumba dancing in the addition to mindful walks.

An online conversation getting everyone talking openly about mental health is currently taking place on Twitter at #AllofUsGreenwich.

Cllr Denise Scott-McDonald the cabinet member for community well being, said: "World Mental Health Day will help us to showcase a range of services designed to ensure that people in the Royal Borough are supported in all their mental health needs."

Sandra Dodgson, the strategic development director, at Bridge Mental Health said: "Mental health affects all of us and is everybody's issue. One in four of us will experience a mental health problem, but all of us are responsible for maintaining our mental health and well being, throughout life's ups and downs.

GP Dr Sylvia Nyame, from the NHS GCCG said: "Many people misunderstand mental illness and see it as something to be afraid of. Mental health covers a whole range of conditions, including anxiety, depression, Obsessive Compulsive Disorder (OCD), phobias, eating disorders and dementia. It also includes the more severe conditions of bipolar disorder, psychosis and schizophrenia.

Fear of stigma or discrimination means that many people with mental health problems are afraid to talk about their condition, which in turn can make them feel very isolated and alone."

Groups who have come together to mark the day include NHS Greenwich Clinical Commissioning Group, Greenwich council, Oxleas NHS Foundation Trust, Greenwich Mind, Greenwich Time to Talk, Bridge Mental Health, Big White Wall, Thamesmead Health Champions, Family Mosaic, Lifeline Basis, University of Greenwich, Metro Centre, Volunteer Centre Greenwich, CRI and Recovery College Greenwich.

For more information about events you can attend to celebrate World Mental Health Day, please visit: www.greenwichhealthyliving.nhs.uk/all-of-us

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