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Bridging the gap in mental health

Monday, 12 October 2015 By [Mandy Little](#)

A day of music, dance and talk to help break the stigma on mental health was held and deemed a success.

A celebration to mark World Mental Health Day was held in General Gordon Square in Woolwich on Saturday.

The attractions including performances from the Oxleas Band, singer Septimus Prime, Greenwich Mind Choir, the John Gittos Quartet and dance group Dynamix.

Visitors also enjoyed line dancing and Tai Chi with Greenwich Get Active and Disney Shakeup for Kids sessions. There was also a screening of film All of Us which aims to break the stigma on mental health and students from the Recovery College talked candidly about their own experiences.

Teresa Pearce the MP for Erith and Thamesmead as well as Greenwich Mayor Councillor Norman Adams were present.

Raymond Sheehy, chief executive of Bridge Mental Health, said: "This World Mental Health Day event was a successful celebration of all that contributes to positive mental health and well-being."

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: "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."

A number of groups teamed up to mark the day including 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.

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Teresa Pearce MP on stage in General Gordon Square with the Greenwich Mind Choir - 46129KE08

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