Greenwich

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- **12:47 PM** Greenwich Mean Time +1 hour

- High 13°C Low 7°C

Get talking about mental health and improve your wellbeing

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The Greenwich mental health and wellbeing forum are delivering a series of events and workshops to raise awareness for this year's World Mental Health Day on Saturday 10 October.

The Royal Borough of Greenwich and NHS Greenwich Clinical Commissioning Group has joined with providers such as 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, to mark the occasion.

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

Providing the support people need

Cllr Denise Scott-McDonald, Royal Borough of Greenwich Cabinet Member for Community Wellbeing and Public Health, said: "The positive mental health and well-being of our residents is a priority for the council. This means that we will continue to work alongside local partner organisations to ensure that people get the information support and provision they need in the future.

"Most people at some time in their lives may experience depression, anxiety or stress. 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."

Talk about mental health

Sandra Dodgson, 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 wellbeing, throughout life's ups and downs.

"This World Mental Health Day is an opportunity for us to talk about mental health and what it means to each of us. And, we're offering a wide range of workshops and events throughout the week that will enhance wellbeing."

A wide range of workshops and events

In the week leading up to World Mental Health Day, there will be a series of workshops and events running from various locations in the Borough. There will be workshops aimed at improving mental wellbeing in all forms from wellbeing at work, stress and compassion-focused workshops, to mindfulness, advocacy, coping with long-term conditions and self-esteem. There will also be mindful walking, Feel Good Greenwich Top Tips, and Zumba.

On Saturday October 10th, 11am to 2.30pm, there will be activities and workshops held in General Gordon Square in Woolwich Town Centre. There will be stalls from local providers, reflexology, massages, exhibitions and celebration music from local musicians, Oxleas Band, singer Septimus Prime and Greenwich Mind Choir. There will also be the chance to exercise with Greenwich Get Active who will be hosting Tai Chi, Line Dancers and Disney Shakeup for Kids.

To help reduce stigma a special film will be made about people's experience of mental health, which will be displayed on the large screen in the Square.

Celebrating wellbeing and dignity

Katy Grazebrook, Consultant Clinical Psychologist, from Greenwich Time To Talk, added: "The event will be a real celebration of wellbeing on World Mental Health Day. It will contribute to the enormous strides the Borough is making in increasing public awareness about the importance of paying attention to mental health."

"Many people misunderstand mental illness and see it as something to be afraid of" explains local GP Dr Sylvia Nyame, who is also a GP Commissioner with NHS Greenwich Clinical Commissioning Group. "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. The theme of World Mental Health Day this year is dignity – both in terms of access to treatment for people with mental health problems and acceptance in wider society."

Local retailers Waitrose, Tesco and Frankie and Benny's are sponsoring the event.

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

Find out more about the mental health services offered in the borough

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