

# Mind Week 2010 Calendar - Activities in Hull and EY

Sat 15th	Sun 16th	Mon 17th	Tues 18th	Weds 19th	Thurs 20th	Fri 21st
<p><b>'Look after your mental health'</b></p> <p>Lord Mayor's fair</p> <p><b>When:</b> 10am - 5pm</p> <p><b>Where:</b> Kind Edward St, Hull</p> <p>A mental health marquee including an impressive street dance, a crafts section for children and families, a mental health first aid stand and a BBC Headroom tent with general information about stress and mental health.</p>		<p><b>Anxiety Management course</b></p> <p><b>When:</b> 9:30am - 4:30pm</p> <p><b>Where:</b> The Courtyard, Goole</p> <p>This two day course provides an introduction to anxiety and controlling techniques, which is aimed at anyone wanting to improve their ability to manage their own anxiety.</p>	<p><b>Anxiety Management course</b></p> <p><b>When:</b> 9:30am - 4:30pm</p> <p><b>Where:</b> The Courtyard, Goole</p> <p><b>Healthy Body, Healthy Mind</b></p> <p><b>When:</b> 1:00pm - 3:00pm</p> <p><b>Where:</b> Junction, Goole</p> <p><b>'New Shoots' Garden Project</b></p> <p><b>When:</b> 11am - 1pm</p> <p><b>Where:</b> Old Parcels Office, Brid</p>	<p><b>It's Tough @ the Top Workshop</b></p> <p><b>When:</b> 9:30am - 4:30pm</p> <p><b>Where:</b> Trafalgar House, Hull</p> <p><b>Feel the Fear course</b></p> <p><b>When:</b> 9:15am - 4:30pm</p> <p><b>Where:</b> Old Parcels Office, Bridlington</p>	<p><b>Carers Art Group</b></p> <p><b>When:</b> 10am - 12pm</p> <p><b>Where:</b> Trafalgar House, Hull</p> <p>There is new art group set up especially for those who care for someone experiencing a mental health issue and is based within Trafalgar House.</p>	<p><b>Feel the Fear course</b></p> <p><b>When:</b> 9:15am - 4:30pm</p> <p><b>Where:</b> Beverley Mind Office</p> <p>A one day course aimed at anyone wanting to understand the concept of fear and how to handle it. Raise level of self-esteem, let go of negative programming and boost your confidence.</p>

Hull and  
East Yorkshire Mind



For better  
mental health

## What is Mind Week?

Mind week 2010 takes place from **15-22 May 2010** and this year, Hull and East Yorkshire Mind is part of a huge nation wide campaign that promotes **mental health awareness in the workplace**. The week will see the launch of a high profile employment campaign, which aims to ensure more people with experience of mental distress are able to gain and retain fulfilling work.

HEY Mind is running a specialist workshop designed for local business managers, called 'It's Tough @ the Top'. We're running a number of courses and events to promote Mind Week our services that we can offer to people.

To find out more information about our events or sign up to any of our activities please call us on **01482 240200** or email **ntyldsley@mindhey.co.uk**.