

From: **HERRON, Louise (DERBYSHIRE HEALTHCARE NHS FOUNDATION TRUST)** <l.herron@nhs.net>

Subject: Mental Health Awareness Week- 13-19th of May. Movement: Moving more

Dear Colleagues

Mental Health Awareness Week is hosted every May by the [Mental Health Foundation](#). Mental Health Awareness Week 2024 will take place this year from the 13th-19th of May with the theme of “**Movement:**



Moving more for our mental health”. The annual event is an opportunity for us to focus on achieving good mental health. The event has grown to become one of the biggest awareness weeks across the UK and globally.


Being active is important for our mental health. Many of us struggle to get ourselves moving and keep ourselves active. We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you’re watching television – it all helps!

As well as the national events, we have been working with local partners in Chesterfield to support ‘Mental Health Awareness Week 2024’ and incorporate the theme of “Movement: Moving more for our mental health”. **There are free face to face and virtual sessions and activities throughout Mental Health Awareness week, please see the timetable below and attached.** Please share with all your networks, people you support and the wider community:

To also support us in raising awareness:

- **DCC Toolkit of resources for Mental Health** - DCC have designed and collated a toolkit of resources which includes social media posts and templates. You can download and share these throughout the year.
 - Move More and connect with nature toolkit is found here - <https://bit.ly/DerbyshireMHToolKit>
- **Let's Chat Derbyshire, connecting with outdoors and nature** – The Mental Health and Suicide Prevention Team have been developing some resources and an online map to promote, as well as local physical activity, mental health groups and connecting with nature opportunities to “move more.” This also links to the Let’s Chat Benches across Derbyshire.
 - Webpage and shareable link: <https://bit.ly/Movemorenature>
 - Let’s Chat Derbyshire Map: <https://bit.ly/MHPAMap>

- **Chesterfield Walking Festival** – this starts on Saturday 11th May until Sunday 19th May. Explore the highlights of the Chesterfield area on a guided walk. There is something for everyone – it's the perfect opportunity to get out and about and explore the great outdoors. Most walks are free and are led by trained guides. For more information and to book a place: <https://www.visitchesterfield.info/whats-on/walking-festival>

Date	Activity and information
<p>Saturday 11th May</p>	 <p>Compassionate Voices CIC: Women and girls speak out event.</p> <p>11-5pm at the Olde House, Newbold S40 4RN.</p> <p>Partially funded by Derbyshire County Council, there is a small entrance fee of just £3. The event will include exhibitors, taster sessions and speakers from various services. There will also be music, surprises and lots to be enjoyed.</p> <p>Please see attached poster and Eventbrite link to book a place(s):</p> <p>https://www.eventbrite.co.uk/e/compassionate-voices-speak-out-exhibition-tickets-742942790887</p> <p>parkrun, weekly 5km timed event, 9am. Poolsbrook Country Park, S43 3LH.</p> <p>Anyone taking part should arrive at around 8.45am, and first-timers should meet by the pavilion café for a briefing. Remember to register beforehand, print your barcode, and bring it with you on the day.</p> <p>parkrun is a free, weekly, community event all around the world every Saturday morning. It is a positive, welcoming and inclusive experience where there is no time limit and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate. You can enhance your health and happiness in the great outdoors whilst making new friends, feeling part of your local community and improving your fitness.</p> <p>Find out more here:</p> <p>https://www.parkrun.org.uk/poolsbrook/ https://www.facebook.com/Poolsbrookparkrun/</p>

**Sunday
12th May**



Inspire Community Garden.

10am-3pm at Inspire Community Garden

Just off the path between Mecca Bingo and Monkey Park on Chester Street. First gate on the right from Mecca Bingo or last gate on the left if coming from Chester Street. Just push the gate to see if we are open (it looks locked), then wander up the site where you will find us working or just chatting.

Every Sunday and Wednesday afternoon we open the garden for a variety of activities and to bring people together. People attend because they are interested in the horticulture, the growing of fruit, vegetables and flowers. Some people are more interested in the construction of facilities and landscaping, while other people use our facilities as a social hub where they meet up with like-minded people. For more information please email InspireCommunityGarden@gmail.com

**Monday
13th May**



Service User Engagement Day at Bayheath House, Chesterfield, S40 1JF. 10am-4pm.

Specifically for service users under the Community Mental Health Team or Living Well Team at Bayheath House, Chesterfield.

Planned activities throughout the day:

- 10.30am - Chair based yoga and deep breathing exercises with Jill.
- 12.30noon – A talk by Sharon from Soul Fitness and Wellness about her journey.
- 2.30pm – Chair based exercises run by Olly, Chesterfield Football Community Trust.
- Have a go on the smoothie bike throughout the day!

Feel free to drop in throughout the day! There will be information and leaflets of different activities and organisations in Chesterfield such as Live Life Better Derbyshire, CFCT, Rethink Mental Health, The Hub, and Soul Fitness and Wellness.



Rethink: Endeavor Mental Health Football Group.

6-7pm at Queens Park 3G football pitch, Boythorpe Road, Chesterfield S40 2NF.

A friendly and supportive five a side football group. Sessions every Monday 6-7pm and Thursday 11-12noon. For more information contact Mark Hudson on 07484001842.

**Tuesday
14th May**



Hunloke Community Garden.

9:30am-12pm at Hunloke Community Garden.

Next to Hunloke Adult Education Centre off Church Street, Birdholme, Chesterfield S40 2TF. For anyone to visit, have a walk around or sit and enjoy. Gardening also available! Drinks are available for a small charge.

No need to book, just turn up. For further info contact Jude hunlokegarden@gmail.com or 07846 271968

Community Garden at Staveley Edge Centre, S43 3XD. 10-4pm.

Including lunch, get your hands dirty by digging, planting, weeding and enjoying the community.



Active Spireites, 3-4pm. Chesterfield Football Community Trust, The Hub, SMH group stadium, S41 8NZ.

Weekly sessions consisting of an hour's exercise through different fun sports games. Just turn up and have fun!



Mindscapes: Walking photography group

**10:30am-1pm at The Hub @ Low Pavement,
Chesterfield town centre, off New Square, 61-63 Low
Pavement, S40 1PA.**

Photography using a mindfulness approach in a peer support environment for mental health well being giving you the chance to delve into the world of photography and explore the local town. No experience necessary, camera phone or camera is required, or come for support. All welcome to join this safe space.

**Wednesday
15th May**



Hunloke Community Garden.

**9:30am-12pm at Hunloke Community
Garden**

**Next to Hunloke Adult Education Centre off Church Street,
Birdholme, Chesterfield S40 2TF.**

For anyone to visit, have a walk around or sit and enjoy. Gardening also available! Drinks are available for a small charge.

For further info contact Jude hunlokegarden@gmail.com or 07846 271968

**Hunloke Community Garden, weekly Walking session,
10.30am.**

**Next to Hunloke Adult Education Centre off Church Street,
Birdholme, Chesterfield S40 2TF.**

Refreshments are then available following the walking session for a small charge. Please book a place. For further information please contact Jude: hunlokegarden@gmail.com or 07846 271968



Inspire Community Garden.

10am-3pm at Inspire Community Garden. Just off the path between Mecca Bingo and Monkey Park on Chester street.

First gate on the right from Mecca Bingo or last gate on the left if coming from Chester Street. Just push the gate to see if we are open (it looks locked), then wander up the site where you will find us. Every Sunday and Wednesday afternoon we open the garden for a variety of activities and to bring people together. People attend because they are interested in the horticulture, the growing of fruit, vegetables and flowers. Some people are more interested in the construction of facilities and landscaping, while other people use our facilities as a social hub where they meet up with like-minded people. For more information please email Inspirecommunitygarden@gmail.com

Clowne Road Runners session.

6:30pm at Mount St Mary's College, Spinkhill, S21 3YL.

In support of Mental Health Awareness Week Clowne Road Runners running club is offering the opportunity to try out a free track taster session. Whether you are new to running, already a keen runner and want to find out more about what it's like to be part of a running club, or just want to give track running a go, this taster session is for you! Led by a qualified coach the session will be suitable for all levels.

Once on the college grounds follow signs for the pavilion along a short single-track lane where you will find a car park close to the track. We'll have a club member in hi-viz to help you find the way. Any questions about this session or other ways to get involved with the club, contact the club via Facebook here [Clowne Road Runners | Clowne | Facebook](#)

Connect with Laughter and Face2Face Wellbeing, In the Garden of Loundsley Green Community centre, Cuttholme Rd, S40 4QU, 10-6pm.

A one day event called 'Easy On Yourself'. There will be free workshops in the Bell tent all day including breath work, laughter, meditation, nutrition and sleep.

**Thursday
16th May**

Hunloke Community Garden.

9:30am-12pm at Hunloke Community Garden

Next to Hunloke Adult Education Centre off Church Street,
Birdholme, Chesterfield S40 2TF

For anyone to visit, have a walk around or sit and enjoy. Gardening
also available! Drinks are available for a small charge.

No need to book, just turn up.

For further info contact Jude hunlokegarden@gmail.com or 07846
271968



Rethink: Endeavor Mental Health Football Group.

**11am-12pm at Queens Park 3G football pitch,
Boythorpe Road, Chesterfield S40 2NF**

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Monday 6-7pm and Thursday 11-12noon. For more information
contact Mark Hudson on 07484001842.



WEA Ways to Wellbeing: Yoga – Movement for Mental Health

6-8pm online

This gentle, mat based yoga session will focus on gentle and
accessible movement to support your mental wellbeing. Yoga
practice involves connecting movement with your breathing, this
helps you concentrate and empty the mind of unwanted clutter.
The approach to movement will be person-centred, practices will
be adapted to meet your individual needs and to move within your
own comfortable range of movement,

Book at: <https://www.wea.org.uk/courses/skills-life/health-wellbeing/16-may-ways-wellbeing-yoga-movement-mental-health>

Baton of Hope Suicide Prevention Conference: Performance Venues, The Octagon Centre Clarkson Street, Sheffield S10 2TQ.

Help raise awareness, share facts, and debunk myths, develop a new inclusive language around suicide, and support open, honest, caring conversations.

Inspiring speakers includes: Prof. Rory O'connor, Alastair Campbell, Sally Orange MBE and many others. Please see link to buy tickets and the costs associated to attend:

<https://www.eventbrite.co.uk/e/making-suicide-prevention-everyones-business-tickets-615488882817?aff=oddtcreator>

**Friday
17th May**

Hunloke Community Garden.

9:30am-12pm at Hunloke Community Garden

Next to Hunloke Adult Education Centre off Church Street, Birdholme, Chesterfield S40 2TF

No need to book, just turn up. For anyone to visit, have a walk around or sit and enjoy. Gardening also available! Drinks are available for a small charge.

For further info contact Jude hunlokegarden@gmail.com or 07846 271968



Senior Spireites, Social and Chair based exercises 55+, 3.30-5pm. Chesterfield Football Community Trust, The Hub, SMH group stadium, S41 8NZ.

Reconnect with light exercise and refreshments. £3 per person

**Saturday
18th May**

parkrun, weekly 5km timed event, 9am. Poolsbrook Country Park, S43 3LH.

Anyone taking part should arrive at around 8.45am, and first-timers should meet by the pavilion café for a briefing. Remember to register beforehand, print your barcode, and bring it with you on the day.

parkrun is a free, weekly, community event all around the world every Saturday morning. It is a positive, welcoming and inclusive experience where there is no time limit and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate. You can enhance your health and happiness in the great outdoors whilst making new friends, feeling part of your local community and improving your fitness.

Find out more here:

<https://www.parkrun.org.uk/poolsbrook/>

<https://www.facebook.com/Poolsbrookparkrun/>

**Sunday
19th May**



Inspire Community Garden.

10am-3pm at Inspire Community Garden. Just off the path between Mecca Bingo and Monkey Park on Chester street.

First gate on the right from Mecca Bingo or last gate on the left if coming from Chester Street. Just push the gate to see if we are open (it looks locked), then wander up the site where you will find us. Every Sunday and Wednesday afternoon we open the garden for a variety of activities and to bring people together. People attend because they are interested in the horticulture, the growing of fruit, vegetables and flowers. Some people are more interested in the construction of facilities and landscaping, while other people use our facilities as a social hub where they meet up with like-minded people. For more information please email inspirecommunitygarden@gmail.com

**Saturday
25th of May**

THINK FEST!

DERBYSHIRE'S FIRST EVER FESTIVAL TO GET
PEOPLE THINKING AND TALKING ABOUT MENTAL
HEALTH

Thinkfest 2024: Saturday 25th May(10am-3pm) Vicar Lane, Chesterfield Town Centre.

Thinkfest! is back and is looking to be bigger and better than ever! With an exciting line up of entertainers, workshops and panels. ThinkFest! is Derbyshire's first mental health style festival that opens up conversations and awareness around mental health, suicide and wellbeing in Chesterfield town centre. This years theme is 'Songs That Saved Your Life' and all of our performers will be singing songs that have got them through some of their toughest times as well as sings submitted by our audiences. If you would like to hold a stall at ThinkFest! 2024 please fill out this form: <https://forms.office.com/e/RjxQRRQnKH>

Please see flyer attached to email for more information. If you have any questions or queries, then please contact me at georgiabirdfoundation@gmail.com

**Other
activities
during the
week**



Walking groups

Walking is a great way to start being active or get back into regular exercise, and it's free! Exploring the great outdoors also makes you feel better physically and mentally, and joining a walking group is a great way to meet new people too. Find local and other walking groups using these links: walkderbyshire.org.uk

[Let's Chat Derbyshire, connecting with outdoors and nature](#)

Chesterfield Borough Council's sport and leisure facilities

Chesterfield Borough Council's sport and leisure facilities are a great way to look after your mental health by keeping active. Why not try a yoga class for mindfulness and relaxation, challenge yourself with a cardio fitness class, learn a new skill such as badminton or make friends and have fun at a chair based exercise class. There's something for all ages and abilities. More information: <https://www.chesterfield.gov.uk/sport-and-leisure.aspx>

The Exercise by Referral scheme

The Exercise by Referral scheme offers a 12 week program of exercise to help improve mental and physical health – see your GP, practice nurse or health professional for more details.

**Chesterfield Area
Walking Festival**

Chesterfield Walking Festival

Starts on Saturday 11th May until Sunday 19th May. Explore the highlights of the Chesterfield area on a guided walk. There is something for everyone – it's the perfect opportunity to get out and about and explore the great outdoors. Most walks are free and are led by trained guides.

For more information and to book a place: <https://www.visitchesterfield.info/whats-on/walking-festival>

**Derbyshire and Recovery and Peer Support Service:
Chesterfield Walking Group**

A peer led walking group that aims to support those living in the community with mental health concerns or who are feeling isolated, by organising local walks. We aim to talk it out together. Bi-weekly walks, next dates on 7th and 21st of May. Starting at the Chesterfield library, meeting room 1 or 2 between 10 - 10.15am, setting off for 10.30am.

Please help us in raising awareness.

Kind Regards,

Louise Herron

Senior Occupational Therapist

Derbyshire Healthcare NHS Foundation Trust

Chesterfield Community Mental Health team

Bayheath House

Rose Hill West

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