

Derbyshire Federation for Mental Health activities



Weekly Wellbeing Walks: Step It Up continue throughout May & June. Our specialist staff will lead supportive walks for those suffering with ill mental health. Walks take place each **Wednesday 1.30pm – 3pm**.

May 28th Black Rock

Contact us for more details and information. **Booking is ESSENTIAL.**

Sow & Grow: Wellbeing Allotment Sessions

You are welcome to join our gentle gardening session to support wellbeing. Held at our allotment come and join us for a little weeding, planting, watering and enjoying the outdoors as we watch what grows. Brew & Biscuits provided. Sessions taking place on **29th May & 26th June 1pm – 3.30pm**. Meeting point: Greenaway Wellbeing Hub (allotment is a 5 minute walk). **Please book to let us know your attending.**

Anxiety Support Group

Café Hope Fortnightly Mondays **1pm-3pm** Greenaway Wellbeing Hub. **May 19th, June 2nd & 30th FEEL FREE TO DROP IN.**

A support group for those experiencing stress and anxiety. Our group offers a safe space and an opportunity to discuss and share experiences as well as hopes to navigate our way through. Free hot drink provided.

Monthly Mindful Wellbeing Sessions

3rd Tuesday of the Month. 1.30pm-3pm Greenaway Wellbeing Hub. **May 20th, June 17th, August 19th, September 16th & October 21st** . Feel free to Drop In. (Please note no session in July). A Mindful approach to supporting our wellbeing and mental health. Each session includes information, practical exercises and a chance to come together.

For further info on any of the above please contact sarahlowe@dfmh.co.uk