





## Mental Health Awareness Week 15<sup>th</sup> to 21<sup>st</sup> May





Date	Activity Information
<p><b>Sat 13<sup>th</sup> May</b></p>	<p><b>Compassionate Voices CIC:</b>  <b>10.30am- 1.30pm at the Hub, Low Pavements, Chesterfield, S40 1PB</b>                      This is ME (This is how it should be) is a <b>FREE</b> 2 session workshop for girls 11-16 years. This is ME Workshop &amp; journal will help girls discuss such issues as body image, anxiety, depression, panic attacks and the after effects from the covid pandemic much more easily. The journal's 16 beautifully laid out sections will take attendees on a step by step journey, asking easy questions to enable discussion about emotions and fears. The workshop/journal also focuses on positivity and discusses future hopes and aspirations. Refreshments included.                      Follow the link to book your place:  <a href="https://www.eventbrite.co.uk/e/this-is-me-this-is-how-it-should-be-tickets-606473637977">https://www.eventbrite.co.uk/e/this-is-me-this-is-how-it-should-be-tickets-606473637977</a></p> 
<p><b>Monday 15<sup>th</sup> May</b></p>	<p><b>Derbyshire Recovery &amp; Peer Support Service:</b>  <b>Natter Café (1pm-2.30pm) The Hub, Low Pavements, Chesterfield, S40 1PB</b>                      This is a weekly Natter Café particularly suitable for older people needing support with their mental health. The group is for those who are in need of a little extra support or want to feel less isolated and make new friends. The group is a relaxed drop in style with free refreshments, no need to book. For more information, please email <a href="mailto:DerbyshireRecoveryPeerSupportService@rethink.org">DerbyshireRecoveryPeerSupportService@rethink.org</a></p> <p style="text-align: right;"></p> <hr/> <p><b>Compassionate Voices CIC:</b>  <b>1.30pm-2.30pm Loundsley Green Community Centre, Cuttholme Road, S40 4QU</b>                      Join Sharon Bull from Compassionate Voices CIC during Mental Health Awareness Week for her 'Funny &amp; Fantastique' talks at various venues across Chesterfield and North East Derbyshire.                      Please follow the link to book your FREE place. These talks are open to everyone and are not just inclusive to women.  <a href="https://www.eventbrite.com/cc/funny-fantastique-1968649">https://www.eventbrite.com/cc/funny-fantastique-1968649</a></p> 
<p><b>Tuesday 16<sup>th</sup> May</b></p>	<p><b>Derbyshire Recovery &amp; Peer Support Service:</b>  <b>Wellbeing Hub (10.30am-12.30pm) Chesterfield Library</b>                      This is a wellbeing hub that happens every Tuesday at Chesterfield Library. If you are unsure of where to turn, or what support service you need or who to talk to, go in and see them. One of their workers will listen to you, and you can talk through your options together. No referral needed just pop in and say hello. For more information advice or support please call 01773 734989</p> <p style="text-align: right;"></p>

## Mental Health Awareness Week 15<sup>th</sup> to 21<sup>st</sup> May

	<p><b>Compassionate Voices CIC:</b>  <b>1.00pm-2.00pm Clay Cross Hub at Gladstone Tea rooms, S45 9JN</b>                  Sharon Bulls Funny and Fantastique Talk.                  Open to all.                  Follow link to book your place:  <a href="https://www.eventbrite.com/cc/funny-fantastique-1968649">https://www.eventbrite.com/cc/funny-fantastique-1968649</a></p> <hr/> <p><b>Derbyshire Adult Community Education Session: 6.00pm-7.00pm-(Online)</b>  <b>Natural remedies to calm a nervy mind</b>                  Essential oils have many therapeutic uses, and this session will look at key oils and remedies that are particularly useful in relieving stress and anxiety.                  To reserve a place please use this link:  <a href="https://www.eventbrite.co.uk/e/natural-remedies-to-calm-a-stressed-mind-tickets-622572269417">https://www.eventbrite.co.uk/e/natural-remedies-to-calm-a-stressed-mind-tickets-622572269417</a>                  or to ask any further questions about the session please contact                  Lisa Cooper via email <a href="mailto:lisa.cooper@daces.derbyshire.gov.uk">lisa.cooper@daces.derbyshire.gov.uk</a> who will be leading this session</p>
<p><b>Wednesday 17<sup>th</sup>                  May</b></p>	<p><b>Derbyshire Adult Community Education Session: 9.30am-10.30am at The Hunloke Centre, Church Street South, Chesterfield, S40 2TF</b>  <b>Pilates and Meditation for a calmer outlook</b>                  A session that looks at calming anxiety now and longer term                  To reserve a place please use this link:  <a href="https://www.eventbrite.co.uk/e/pilates-and-meditation-for-a-calmer-outlook-tickets-622564024757">https://www.eventbrite.co.uk/e/pilates-and-meditation-for-a-calmer-outlook-tickets-622564024757</a>                  or to ask any further questions about the session please contact                  Suzanne Lister by email <a href="mailto:suzanne.lister@daces.derbyshire.gov.uk">suzanne.lister@daces.derbyshire.gov.uk</a> who will be leading this session</p> <hr/> <p><b>Renew Cross Street Café: (10.00am-2pm) In the church hall at Chesterfield Baptist Church Cross Street, Chesterfield S40 4ST</b>                  A quiet shared space where its okay to not be okay. Open every Wednesday 10:00am – 2:00pm for chat, shared hobbies and company, or just sit quietly with a cuppa. Pop in for a few minutes or stay for the morning. All welcome. For more information check out RenewCrossStreet on Facebook, email <a href="mailto:RenewCrossStreet@gmail.com">RenewCrossStreet@gmail.com</a> or leave a voicemail on our church phone: 01246 221105</p> <hr/> <p><b>Compassionate Voices CIC:</b>  <b>1.30pm-2.30pm Grassmoor Community Centre, S42 5EE</b>                  Sharon Bulls Funny and Fantastique Talk.</p>



## Mental Health Awareness Week 15<sup>th</sup> to 21<sup>st</sup> May

	<p>Open to all. Follow link to book your place: <a href="https://www.eventbrite.com/cc/funny-fantastique-1968649">https://www.eventbrite.com/cc/funny-fantastique-1968649</a></p> 
<p><b>Thursday 18<sup>th</sup> May</b></p>	<p><b>Compassionate Voices CIC:</b> <b>12.30pm-2.30pm at Killamarsh Active, Stanley Street, S21 1EL</b> Sharon Bulls Funny and Fantastique Talk. Open to all. Follow link to book your place: <a href="https://www.eventbrite.com/cc/funny-fantastique-1968649">https://www.eventbrite.com/cc/funny-fantastique-1968649</a></p> 
<p><b>Friday 19<sup>th</sup> May</b></p>	<p><b>Compassionate Voices CIC:</b> <b>10.30am-12.30pm The Hub, Low Pavements, S40 1PB</b> Sharon Bulls Funny and Fantastique Talk. Open to all. Follow link to book your place: <a href="https://www.eventbrite.com/cc/funny-fantastique-1968649">https://www.eventbrite.com/cc/funny-fantastique-1968649</a></p> <hr/> <p><b>Derbyshire Adult Community Education Session: 10.00am-11.00am Online Session</b> <b>Relax your back, relax your mind</b> 45min+ on back-care and how stretching and gaining confidence in moving reduces anxiety. To reserve a place please use this link: <a href="https://www.eventbrite.co.uk/e/relax-your-back-relax-your-mind-tickets-622509702277">https://www.eventbrite.co.uk/e/relax-your-back-relax-your-mind-tickets-622509702277</a> or to ask any further questions about the session please email <a href="mailto:Nick.hodgson@derbyshire.gov.uk">Nick.hodgson@derbyshire.gov.uk</a> who will be leading this session</p>  
<p><b>Sat 20<sup>th</sup> May</b></p>	<p><b>ThinkFest! (10am-3pm) Vicar Lane, Chesterfield Town Centre</b> ThinkFest! is back and is looking to be bigger and better than ever! ThinkFest! 2023 is the opportunity to show the public what services and support is available to them accompanied by a line-up of amazing performers, live music and we are reintroducing the workshops and panels for 2023. ThinkFest! is for anyone of any age and we want to make sure that we represent services for children and young people, adults and older adults.</p>

## Mental Health Awareness Week 15<sup>th</sup> to 21<sup>st</sup> May

The event is free of charge, so come down and enjoy a day dedicated to showing that Derbyshire cares about Mental Health. No need to book, just turn up on the day. For more information, please contact [georgiabirdfoundation@gmail.com](mailto:georgiabirdfoundation@gmail.com)



### Compassionate Voices CIC:

**10.30am-1.30pm at The Hub, Low Pavements, S40 1PB**

Part 2 of This is ME workshop for 11-16 year old girls.

Refreshments included.

Follow the link to book your place:

<https://www.eventbrite.co.uk/e/this-is-me-this-is-how-it-should-be-tickets-606473637977>



### Chesterfield Area Walking Festival- Saturday 13<sup>th</sup>- 21<sup>st</sup> May

## Chesterfield Area Walking Festival

The popular Chesterfield Area Walking Festival is returning for another year, with residents and visitors being encouraged to get outdoors and enjoy what the area has to offer. There are lots of different walks planned to suit all abilities, walking is a great way for adults to become more active or get back into regular exercise, and it's free! Exploring the great outdoors makes you feel better physically and mentally and there are no shortage of places to explore in our borough, with a few hidden gems to get to know too!

Booking is essential but most walks included in the festival are free to attend, with a small fee for the rest. Book tickets and find out more about the festival on the [Visit Chesterfield Website](#) or contact Helena Stenton for any further queries- [Helena.Stenton@derbyshire.gov.uk](mailto:Helena.Stenton@derbyshire.gov.uk) 01629 533020

For more information about Walking in Chesterfield in general and to find out what groups exist within Chesterfield please contact Tina Hensey- Community Lifestyle Officer- 01246 345669 [tina.hensey@chesterfield.gov.uk](mailto:tina.hensey@chesterfield.gov.uk)

[Walk Derbyshire](#) is also a good website for finding out about everything walking related!



# THIS IS ME

THIS IS HOW IT SHOULD BE

This Is ME (This is how it should be) is a two session workshop with interactive journal for 11 -16 year old girls. Taking place at

**THE HUB, LOW PAVEMENTS, CHESTERFIELD S40 1AP  
ON SATURDAY 13TH & 20TH MAY 10:30AM - 1:30PM**

Refreshments included

To find out more and register your place please scan the code below or visit  
[www.eventbrite.com/cc/this-is-me-this-is-how-it-should-be-workshop-2003969](http://www.eventbrite.com/cc/this-is-me-this-is-how-it-should-be-workshop-2003969)





# WELLBEING HUB

MENTAL HEALTH AND WELLBEING ADVICE

NO REFERRAL NEEDED

LISTENING EAR  
INFORMATION  
GUIDANCE

PRACTICAL SUPPORT  
REFERRALS, SIGNPOSTING  
PEER SUPPORT  
FREE REFRESHMENTS

10:30-12:30PM

CHESTERFIELD LIBRARY  
EVERY TUESDAY

IF YOU ARE UNSURE WHERE TO TURN  
OR WHAT SUPPORT SERVICE YOU NEED  
OR WHO TO TALK TO, A GOOD START  
WOULD BE TO COME AND SEE US

THE DERBYSHIRE RECOVERY AND PEER  
SUPPORT SERVICE CAN OFFER YOU  
GUIDANCE, INFORMATION, PRACTICAL  
SUPPORT, REFERRALS, SIGNPOSTING  
OR PEER SUPPORT

OUR WORKER WILL LISTEN TO YOU AND  
YOU CAN TALK THROUGH YOUR  
OPTIONS TOGETHER

YOU CAN BE IN CONTROL OF MAKING  
POSITIVE CHANGES TO YOUR LIFE

Derbyshire Recovery & Peer Support Service



This is a service for anyone aged 18+, just pop in and say hello. For more information advice or support please call

01773 734989

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# SHARON BULL

Inspirational Speaker,  
Author and Founder/Director of  
Compassionate Voices CIC

## Funny & Fantastique Talks

**Monday 15th May 1:30pm-2:30pm**

Loundsley Green Community Centre,  
Cuttholme Road, S40 4QU

**Tuesday 16th May 1:00pm-2:00pm**

Clay Cross Hub at Gladstone Tea-rooms, S45 9JN

**Wednesday 17th May 1:30pm - 2:30pm**

Grassmoor Community Centre,  
New Street, S42 5EE

**Thursday 18th May 12:30pm - 2:30pm**

Killamarsh Active,  
Stanley Street, S21 1EL

**Friday 19th May 10:30am - 12:30pm**

Derbyshire Voluntary Action's The Hub,  
Low Pavements, Chesterfield town centre, S40 1PB

Sharon has lived-in experience with mental illness and only has one passion –  
to GET rid of stigma and GET everyone talking! Register for your place at  
[www.eventbrite.com/cc/funny-fantastique-1968649](http://www.eventbrite.com/cc/funny-fantastique-1968649)





# THINK FEST!

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



**20.05.2023**

**10AM-3PM**

**VICAR LANE**

**CHESTERFIELD TOWN**

**LIVE PERFORMERS - GUEST**

**SPEAKER'S - SUPPORT -  
INFORMATION**



**Nutra7**

**DERBYSHIRE**  
County Council

**VL**  
**VICAR LANE**  
SHOPPING CENTRE