

Time to Talk Mental Health UK

December 2020 Newsletter



Charity Number 1180701

TimeToTalkUK.org.uk

Time to Talk Mental Health UK is a fully confidential social media-based peer support group for those who wish to talk about their mental health with others who understand. We're led by and for people with mental health conditions aged over 18 and living in the UK

Membership

2300

members

with 12,182 posts, comments, and reactions in the last 28 days!

(30% member growth since this time last year)

Many thanks for those that joined us on November 14th for the launch of "Creative Expressions", our Poetry and Art book. It was great to share with some special guests the importance of art in helping our mental health. Over the next few weeks we will be releasing some of the poems, on our YouTube channel. You can still buy the book no kindle or paperback – with all the RRP going to the charity.

Links to our YouTube channel and details of how to purchase the book are available off our website

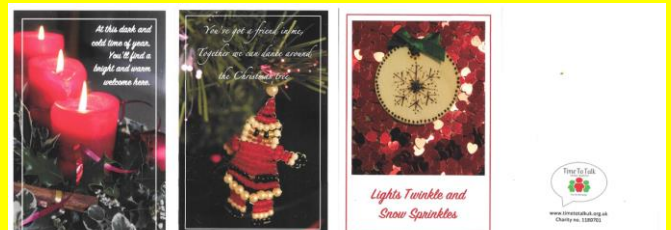
www.TimeToTalkUK.org.uk

Christmas is coming – limited stock for our charity Christmas cards

A pack of 6 cards (2 x 3 different designs), **REDUCED TO £2.99**(including postage). Sent by 1st class post within two working days of receiving payment.

Cards are approximately 4" x 6", are blank inside and come with envelope. All money raised goes to TimeToTalkUK.

Available off ebay or send me a fb message (grum carrington) or an email graham@timetotalkuk.org.uk



watch out for...

THE WORKOUT CHALLENGE

Change your life

Christmas time can be difficult for those of us who have poor mental health, make sure you check in on the group and connect with others

If you are interested in becoming a *moderator*, or a *Fundraising manger*,

then please see

www.timetotalkuk.org.uk/about-us/jobs/

Diary of Events for December

All month	Alternative Advent, Christmas Around the World for Children and Self Care
Thur 3rd 7.30 - 9.30 pm	Resilience Voyage (Live Event)
Fri 4th 7.00 - 9.00 pm	Art, Crafts & Creative (Live Event) Paint a card
Tue 8th 7.30 - 9.30 pm	TTT Gets Active
Wed 9th 7.30 - 9.30 pm	Music Club
Fri 11th 7.00 - 8.30	Open Mic Night (Live Event)
Wed 16th 7.00 - 9.00 pm	Cookery Club
Fri 18th 7.30 - 9.30 pm	Poetry Club
Tue 22nd 7.30 - 9.30 pm	TTT Gets Active
24th - 1st Jan 2021	Festive Programme