

Time to Talk Mental Health UK

January 2021 Newsletter

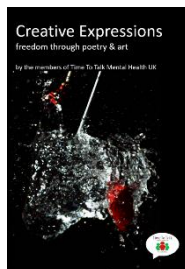


Charity Number 1180701

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
2301
members



To order our Poetry and Art book, follow the link off our web site



Diary of Events for January

Tue 5th 7.30 - 8.30 pm	TTT Gets Active (on our sibling site TTT Mental Health UK 'Getting Active')
Fri 8th 7.30 - 9.30 pm	Art, Crafts & Creative
Wed 13th 7.30 - 9.30 pm	Music Club
Tue 19th 7.30 - 8.30 pm	TTTT Gets Active (on our sibling site TTT Mental Health UK 'Getting Active')
Wed 20th 7.30 - 9.30 pm	Cookery Club
Fri 29th 7.30 - 9.30 pm	Poetry Club
Every week	Keeping children occupied and self care

If you are interested in becoming a **moderator**, or a **Fundraising manger**, then please see www.timetotalkuk.org.uk/about-us/jobs/

We'd like to highlight some of our partnerships ...



The Workout Challenge is the ultimate life-changing experience. The first year-long exercise challenge. Our goal is to keep you accountable, so you hit your goal of completing 150, 200 or 250 workouts in 365 days.

By committing to this year-long challenge, you are deciding to make exercise a regular habit, improving your mental and physical well-being. This is the last time you'll say "new year, new me" and the first time you'll really mean it!

See theworkoutchallenge.co.uk



The **Hub of Hope** is a first of its kind, national mental health database which brings together organisations and charities, large and small from across the country who offer mental health advice and support, together in one place. Time to Talk Mental Health UK is now added to their list of support organisations. See hubofhope.co.uk

See our other partners at

<https://www.timetotalkuk.org.uk/our-partners/>