

Time to Talk Mental Health UK

August 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

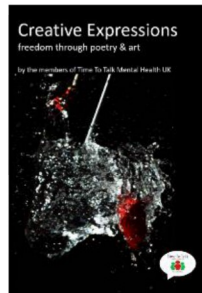
Thanks to our

2359

members

With **10367**

interactions in the last 4 weeks!



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

Diary of Events for August

Mon 2nd 7.30 - 9.30 pm	Art, Crafts & Creative Room
Wed 11th 7.30 - 9.30 pm	Music Club
Wed 18th 7.30 - 9.30 pm	Book Room
27th - 30th	Bank Holiday Programme
Fri 27th 7.00 - 9.00 pm	Poetry Club Room
Mon 30th 7.30 - 9.30 pm	Cookery Club
Every week	Keeping children occupied and self care

This publication showcases how creativity can have a vital therapeutic function in mental health care.

We hope that you will join us in enjoying and celebrating the talents of our community. We also hope that this publication will inspire some readers to consider expressing their feelings in a creative way.

Time to Talk Mental Health UK is a social media-based peer support community for adults in the UK, who wish to talk about their mental health in a fully confidential, interactive and safe environment. The group was created to ensure that there is a safe, easily accessible and trusted place available for those who wish to talk.

For more information, head to TimeToTalkUK.org.uk

UK Registered charity 1180701



Creative Expressions freedom through poetry & art

By the members of Time To Talk Mental Health UK



Thanks for all those that have purchased our Poetry Book, Creative Expressions, that we launched in November 2021. You might be interested that we managed to sell 52 copies. If you haven't you can still do so, there is a link off our website to the amazon page. The provided a great boost to the people who contributed. You can see many of the poems read by members on our YouTube channel at <https://www.youtube.com/channel/UCPFgqU8xm7b-UbUcipsjVDg>

Vacancies

We are so thankful for the team who keep the charity running, but we'd like some help as the number of members supported increases, and the rollout of our wellbeing program starts to grow.

If you are interested please let [Sue](#) know.

- Volunteer Event Manager
- Volunteer Recruitment & Induction Administrator
- Volunteer moderators

Coming soon
Cyber Bulling campaign
Wellbeing program rollout
Auction for handmade blanket

Keep up to date on our social media channels
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