

# Time to Talk Mental Health UK

July 2021 Newsletter



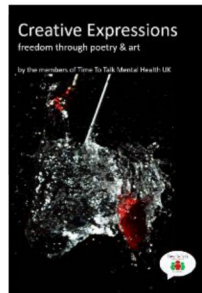
Charity Number 1180701

[TimeToTalkUK.org.uk](http://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  
**2353**  
members

With **11,276**  
interactions in the  
last 4 weeks!



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

## Diary of Events for July

Sun 4th	Thank You Day
Mon 5th 7:30 - 9:30 pm	Art, Crafts & Creative Room
Wed 14th 7.30 - 9.30 pm	Music Club
Wed 21st 7:30 - 9:30 pm	Book Club
Sat 24th	Samaritans 24/7 Talk to Us Day
Mon 26th 7:30 - 9:30 pm	Cookery Club
Fri 30th 7.00 - 9.00 pm	Poetry Club
Fri 24th	World Friendship Day
Every week	Keeping children occupied and self care



We are delighted to form a partnership with the Creative Wellness Journey. Debbie Crouch their founder is a wonderful, inspiring person whose beliefs, like ours, is that wellbeing is at the forefront of everything we do.

Their programs and activities are designed to support mental wellness through the beauty of creation. As part of our **"Positive Minds"** wellbeing programme we are promoting to our talented members there is another safe place for them to share and learn how to express themselves through creativity. There are some amazing free resources available to everyone regarding of their experience, skills or knowledge.

We hope to be doing more work together in the future.

We are now a registered charity on Just Giving, where you can donate or use to collect fundraising for any events you are involved with

[justgiving.com/TimeToTalkUK](http://justgiving.com/TimeToTalkUK)

**JustGiving**



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