

Time to Talk Mental Health UK

October 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

2392

members

With **6086** interactions in the last 4 weeks!

The web site has been updated, take a look. If you have any comments then please let us know.



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Diary of Events for October

All Month	ADHD Awareness Month
Mon 4th 7.30 - 9.30 pm	Art, Crafts & Creative Club
Sun 10th All Day	World Mental Health Day
Wed 13th 7.30 - 9.30 pm	Music Club
Sat 16th 7:30 - 8:30 pm	The TTT Pub night
10th - 17th	OCD Awareness Week
Wed 20th 7.30 - 9.30 pm	Book Club
Mon 25th 7.30 - 9.30 pm	Cookery Club
Fri 29th 7.00 - 9.00 pm	Poetry Club
Every week	Keeping children occupied and self care

This month we are so excited to announce the launch of our Wellbeing program, which we can run following a grant from the National Lottery Community Fund

You can catch up with all the events we have planned over the next year if you click on the "wellbeing" tag off our web site.

We are now listed as a charity on **Facebook** if you want to donate to the charity for your birthday or other special event.

