

# Time to Talk Mental Health UK

November 2021 Newsletter



Charity Number 1180701

[TimeToTalkUK.org.uk](https://www.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

**2423**

members

With **9905** interactions in the last 4 weeks!



This month Time To Talk celebrates its third birthday as a registered charity.

It's also a year since we launched our art and poetry book

<https://www.timetotalkuk.org.uk/merchandise/#book>  
Click the link above to get some discounted copies



This month we have our next event from [Resilience Voyage](#), entitled "Coming unstuck"

Monday 15th November 2021 at 10am

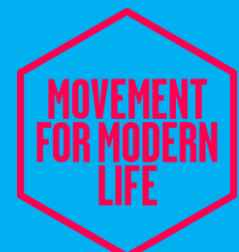
How often do we feel stuck in the mindset that we have, often feeling like there is no way out? Knowing that something is wrong, but not knowing where to start, or maybe sitting in blissful obliviousness, where we convince ourselves, we are fine.

What if we told you there was a way to change this but first, we need to recognise if we are stuck. In this live we will tell you about our journey of being stuck, how we recognised this and finally started to move forwards. Within this will be tips on how to recognise if you yourself are stuck and what you can do to start to change that.

## Diary of Events for November

1st - 30th	November (Men's Health Month)
1st - 5th	International Stress Awareness Week
Mon 1st 7.30-9.30pm	Arts, Crafts & Creative
Weds 10th 7.30-9.30pm	Music Club (Theme is Calming)
Thu 11th	Armistice Day
Sat 13th	World Kindness Day
Sun 14th	TTT BIRTHDAY!
Sun 14th 11.00 am	Remembrance Sunday
15th-21st	Anti-bullying week
15th - 30th	Cyberbullying Campaign
Mon 15th 10am	Resilience Voyage 'Coming Unstuck' webinar
Weds 17th 7.30-9.30pm	Book Club
Fri 19th	International Mens Day
Fri 26th 7.30-9.30pm	Poetry Club
Mon 29th 7.30-9.30pm	Cookery Club
Every week	Keeping children occupied

It is giving time, and we are delighted that we can be among the first to give you something wonderful, like an early Christmas present. This time we have the honour to give you something beautiful - **free Yoga** courses. In cooperation with Movement for Modern Life we are giving you access to all of their courses, and it is totally free to you. Check which course is perfect for you among the biggest Yoga video library ever (more than 1,400 videos made just for you on [movementformodernlife.com/](https://www.movementformodernlife.com/)), pick a course and sign up with the code that will be available in the group VERY SOON



And Voilà! - that's it! Enjoy your free Yoga sessions!