

Time to Talk Mental Health UK

January 2022 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

2,464

members

With **8903**

interactions in the last 4 weeks!

A new year, a new start for many... And definitely a time for us to try new things. Is there anything you think you could do to help your mental health? What about picking up a new hobby?

In 2022 I've set myself a personal goal of walking 1000 miles. I'm a great believer in the benefit of getting outside each day.. Its nice to see the real world and get some fresh air - that's something a lot of us learnt in the initial lockdowns.

If I don't make the target, I'm not going to worry. If you want to join the challenge (you can start at any time) see www.walk1000miles.co.uk/

I'll share regular updates on our group page and Web site. Grum



Shame – the next event from Resilience Voyage

Thursday 20th January 2022 at 8pm

Shame can massively impact a lot of peoples lives, howe`ver quite often we are unaware that shame is the underpinning issue. In this live we will discuss what shame is, how this differs from similar emotions, why we feel shame and the impact this can have on our lives if left to fester. We will share how shame has impacted our own lives and how we started to combat this overwhelming feeling.

Our **Positive Minds** wellbeing program is there to provide support to all our members, we have activities from **Resilience Voyage**, **Create Wellness** and **Movement for Modern Life**

Keep a look out on the [website for details](#)

Diary of Events for January

Mon 3rd 7.30 - 8.30 pm	Creative Club
Wed 12th 7.30 - 9.30 pm	Music Club - theme funny
Mon 17th 7.30 - 9.30 pm	Book Club
Thurs 20th 8.00 -9.00 pm	Resilience Voyage webinar - Shame
Fri 28th 7.30 - 8.30 pm	Poetry Club
Mon 31st 7.30 - 9.30 pm	Cookery Club
Every week	Keeping children occupied and self care