

Time to Talk Mental Health UK

July 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

2,575

members

With **6,482** interactions in the last 28 days

Diary of Events for July

Mon 4th 7.30- 9.30pm	Creative Club
Wed 13th 7.30 - 9.30 pm	Music Club
Weds 20th 7.30 - 9.30 pm	Book Club
Mon 18th 8 - 9pm	Resilience Voyage Webinar- Healing
Sun 24th	Samaritans 24/7 Talk to Us Day
Mon 25th 7:30 - 9:30 pm	Cookery Club
Fri 29th 7.30 - 9.30 pm	Poetry Club
Every week	Keeping children occupied and self care

If you are a group member, there are lots of reference materials for you that can help, see facebook.com/groups/TimeToTalkUK/files Here we have material that should help you find more information about mental health conditions, material that will share different organisations that will help you, and even members favourite books to read, or music to listen to. If you have any other suggestions, then please let an admin know



We all know it's good to do some movement to improve our wellbeing. It might not be an extreme Gym class, but something like simple movement around the house. Our Membership Manager, Graham Carrington, has given himself a target of walking "with boots on" 1000 miles in 2022. He's half way there, see his regular update off our web site at <https://www.timetotalkuk.org.uk/walk1000miles/>