



Mental Health
Awareness **Action Week**

12 - 18th May

ForumFest!

Wed 14th May

11am - 4pm

At:
Halifax Minster

Live Programme

- 11am** **Opening ceremony**
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- 11.45** **Five Ways to Wellbeing workshop - *Unmasked Mental Health***
In this workshop we will explore how to incorporate the Five Ways to Wellbeing into your regular routine – simple actions that ultimately lead to greater wellbeing and more fulfilling lives!
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- 12.30pm** **Quiet time** - spend time in the 'Public Living Room' or explore our Multi-Media Lived Experience Exhibition.
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- 1.05** **Mental Health Myth-Busting workshop - *Claire & Katie from the Healthy Minds Forum***
Improve your knowledge of cultural attitudes and be empowered to tackle mental health stigma in this interactive workshop. 
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- 1.45** **Talks: Accessibility, advocacy & disability rights - *Katie Clarke & Tom Griffiths***
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- 2.10** **Post-talk discussion - *with Katie & Tom***
How can we come together more to take action for disability / mental health justice?
- Yoga For All - *With Dianne (in the chapel room)***
An accessible yoga session to stretch and relax - you don't have to be bendy to take part!
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- 2.40** **Suicide Prevention workshop - *Kiah Hamilton-Adams***
Learn more about suicide prevention in this interactive session on myths, language and opportunities. Welcoming to all knowledge levels. 
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- 3.10** **Singing together - *with Georgia*** - a brief session to get us using our voices and enjoying the benefits of singing with others. For everyone, no experience needed. 
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- 3.35** **Closing gathering** - Sharing reflections & feedback.

Join in on the day – booking not essential.

Lived Experience Exhibition

A multi-media exhibition - see, hear and feel the stories, artworks and voices from local people who have, or have had mental health issues/experiences.

Public Living Room

An opportunity to sit down and enjoy a brew (and possibly a slice of cake!) with people who listen, treat everyone the same, and who don't judge or try to fix each other. Come along and connect with someone new in your community!

The building is wheelchair accessible & there is a disabled toilet

Refreshments – tea, coffee, cake provided!