

A week of activities celebrating
World Mental Health Day

[Monday 9th October](#)

10am-12pm

Food and Mood

Come along to the healthy lifestyle drop in and learn how the things you eat can boost your wellbeing

12pm

Women against Waste

Meet the WHiST volunteers and see how volunteering can boost your confidence and give you new opportunities. Learn about our new environmental green group.

[Tuesday 10th October](#)

10am-12pm

Be Creative

Try arts and crafts at the drop in and see how being creative boosts your confidence and self-esteem

[Wednesday 11th October](#)

12.20pm-12.50pm

Relaxation

Drop in to the session to unwind and take time for yourself

1pm-2.30pm

Yoga

Try a one off session to see how Yoga improves your mental health

[Friday 13th October](#)

10am-11am

Tai Chi

Try a taster session to explore the benefits of this gentle exercise

11.30am-12.30pm

Circle Dance

Exercise to music in this fun and friendly class.

Put your name down for any session at the WHiST office.