Mental Health Awareness Week
9–15 May 2022

Jami
Mental Health
for our Community

THE THEME THIS YEAR IS LONELINESS.

Many of us experience loneliness at one time or another, but it's often overlooked or dismissed. And this is an issue. Connecting to others in our community can improve our mental health and play a big part in helping to alleviate feelings of loneliness.

Join Jami for a series of FREE events to mark the week. Book or find out more.

jamiuk.org/mhaw

SUNDAY 8 MAY

2.30–7.30pm
Community Day – launch event (in person)

Launching Jami's Mental Health Awareness Week programme, Community Day will explore the themes of loneliness, community and connection through peer-support conversations, arts and crafts, and poetry and games.

MONDAY 9 MAY

11am–12pm
Peer Support Group (online)

Join our friendly group to share your experiences and hear about others in a non-judgmental space. We start and end with short guided-meditations and, in between, reflect on themes covered in our sharing circle and offer mutual support.

2–3pm
Art4All (in person)

Explore your creativity with us, joining in as much or as little as you like. Everyone is welcome – whatever your experience, however you are feeling. The emphasis is on connection, peer support and process. And you don't need to bring any materials.

7.30–9pm
Peer Education Night School (online)

Learn together as peers about the all-important topic of loneliness. For example, explore what it is, whether it has increased and how we can combat it, at Jami's very own Night School.

TUESDAY 10 MAY

11am–1pm
Kind Co-Working (online)

Would you benefit from working in a shared, supportive online space? Drop by our meeting with any projects you're working on – from a job application to your memoirs. The session begins and ends with an optional check-in/out and mindfulness.

2–3.30pm
Coffee and Connect (in person)

Join us for a friendly chat in our warm, welcome, open space or simply hang out and enjoy time with company.

7–8.30pm
University Student Webinar (online)

All university students are welcome to our webinar on loneliness. Going to university can be a big life change. Leaving home and meeting lots of new people at once can feel unfamiliar and leave us feeling lonely. Join us to explore these issues further and how we can help ourselves and others.

WEDNESDAY 11 MAY

2–3pm
Writing4All (online)

Writing can be fun and creative! The session begins with a friendly and collaborative writing warm-up. Next there is time to work on your own writing and to share some of it with the group if you like. No writing/poetry experience needed and you can join in as much or as little as you like.

3.15–5.15pm
Kind Co-Working (online)
See Tues 10 May for details

6–7pm
Conversation East (online)

Everyone is welcome to join this coffee-house debate inspired by Thierry Bonfanti, the French psychologist and thinker, who created the French café-debat. The discussion is decided by the group and facilitated by members of the Jami team.

THURSDAY 12 MAY

11am–1pm
Kind Co-Working (online)
See Tues 10 May for details

1.30–3pm
Head Room to Go at LSJS (in person)

Pop by the LSJS Campus to treat yourself to a hot or cold drink and a delicious snack from our Head Room to Go float and have a chat with one of our Jami members of staff.

4–5pm
Community Walking Group
Head Room Café to Golders Hill Park (in person)

Join us for a leisurely walk from Head Room Café to Golders Hill Park. This is an opportunity to move your body, meet new people or just have a bit of 'me time'. We meet outside the café from 3.30pm and leave for our walk at 4pm.

6.30–7.30pm
Community Conversations (in person)

Join our friendly discussion group, where diverse views and experiences are welcome and everyone is treated with respect and kindness. Each participant is invited to suggest a topic for conversation at the beginning of the session. Everyone then votes and the winning one is chosen.

FRIDAY 13 MAY

2–3pm
Peer Support Group (online)
See Monday 9 May for details