

MOVE TO IMPROVE YOUR MENTAL HEALTH

Mental Health Awareness Week (13–19 May) focuses on “movement”. Movement is important for our mental health, be it going for a walk, dancing around your living room or doing chair-based exercises. It all counts!

At Head Room, Jami’s social enterprise café, we’ve got a range of free activities to keep everyone in the community physically and mentally active. Join us and participate as much – or as little – as you like.



Book or find out more at
jamiuk.org/mhaw



Monday 13 May

2.30–3.30pm

Art4All (in person)

Come along to this creative session where you can explore movement through art.

Tuesday 14 May

11am–1pm

Kind Co-working (online)

Bring along a project and benefit from working in a shared online space, with special dance/movement breaks every 25 minutes to get your creative juices flowing.

2–3.30pm

Coffee & Connect (in person)

Join us for a friendly chat in our warm, welcome, open space or simply hang out and enjoy time in good company. If you want to get into the spirit of the week, there’s always the option for a movement-themed conversation.

4–5pm

Peer support movement session (online)

Share your favourite stretches and movement practices with the rest of the group, or simply join in. To get the most out of the session, wear something comfortable and ensure you have room to move.

Wednesday 15 May

11am–12pm

Walking group

Get in some extra steps this week by joining our friendly walking group. It’s a great opportunity to move your body, meet new people or just have a bit of ‘me time’.

Meet outside Head Room from 10.30am to leave for our walk at 11am.

3–4pm

Writing4All (in person)

This fun and creative writing session focuses on movement. It will include a friendly and collaborative writing warm-up, followed by time to work on your own project.

Thursday 16 May

4–5pm

Walking group

See Wednesday 15 May for details.

Meet outside Head Room from 3.30pm to leave for our walk at 4pm.

6.30–7.30pm

Community Conversations (in person)

Inspired by the French café-debat, this engaging group will explore the relationship between movement and mental health.

Friday 17 May

12.30–1.30pm

Community Conversations (in person)

See Thursday 16 May for details.

2–3pm

Peer support group (online)

Join our friendly group to share your experiences, hear about others in a non-judgemental space and gain mutual support. Each session starts and ends with short-guided meditations, followed by a sharing circle.

Sunday 19 May

2–3pm

Sunday Social (in person)

Come along for some company, a friendly chat, board games or some creativity. Everyone is welcome.

5–8pm

Community party (in person)

Celebrate the transformative power of physical activity, artistic expression and meaningful connections as we come together to explore the relationship between movement and wellbeing.