

Changing Minds

Love Me Love My Mind

Spring 2016 / No. 2

Spring Update

Love Me Love My Mind and Epsom Mental Health Week 2016

Dear friends

Thank you for all your ideas for EMHW and to all who came to the planning meeting on 14 March. There have been many great ideas for EMHW 2016 and over the next few weeks the programme will hopefully be finalised. This year we are hoping to include in the brochure a brief biography and a photo of each of the participants, together with a little more information about the theme of the talk/workshop/event. We are also looking into the possibility of having short video clips available on the website.



By the time this reaches you the CSH sponsored walk will have taken place. Many thanks to all who gave up their Sunday to help raise funds for Love Me Love My Mind and the other nominated charities.

The Annual General Meeting of Love Me Love My Mind will take place from **12noon on Monday 16 May** (the original date for the next planning meeting) at St Barnabas. At the meeting we shall appoint Trustees, receive the Treasurer's Report, and do any other necessary business. We shall also reflect on Epsom Mental Health Week: past, present and future. There will be opportunity to ask questions, talk to long standing and new friends, and enjoy a good lunch. All welcome to this event, which will finish by 2pm. The formal notices of the Meeting will be sent out a little nearer the time.

On Saturday 21 May we will be having our first 'Yoga in the Park – 108 Sun Salutations'. Join in and take part in our first charity Yoga Mala

session with Isabel. Just bring your mat and join in for half an hour or for the more experienced stay for the whole session

The next planning meeting for EMHW will be Monday 11 July.

Thank you again for all your work for LMLMM and EMHW.

With kindest regards.
Sue

Our Mission Statement

To break down stigma and inspire understanding about mental health.

We hope to achieve this by:

- Providing a regular Monday Drop-In session.
- Organising the annual Epsom Mental Health Week.
- Offering encouragement, support and friendship to people with mental health issues and their families.
- Signposting people to helpful mental health resources.
- Challenging stigma wherever it occurs

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