



## Programme

Date & times	Event	Details	Contact name /org
Thurs 6 Sept, 18.00 – 20.00	Mental Wealth Triologue Booth Cafe, 57 Oxford Street, Southampton SO14 3DL	Facilitated open dialogue discussion event to explore issues around mental health and wellbeing	Carolyn Barber, The Good Mental Health Cooperative, <a href="mailto:carolyn@goodmentalhealth.org.uk">carolyn@goodmentalhealth.org.uk</a>
Saturday 8 Sept , 11.30	Sponsored coastal walk, Lepe to Calshott – meet at the RNLI Lifeboat Station, Fawley, SO45 1BR	Raising funds for work of Creative Options	Frances Heather, Creative Options <a href="mailto:frances.anne@btinternet.com">frances.anne@btinternet.com</a>
Sunday 9 Sept, 14.00 – 16.00	Telling Stories, Touching Lives, Harbour Lights, Ocean Village, Maritime Walk, SO14 3TL	An Afternoon of Song and Stories with the Love Soul Choir , tickets £10	Debra Carter, The Touch Network, <a href="mailto:debs@touch.network">debs@touch.network</a>
Monday 10 Sept, 11.00 – 16.00	Keeping the Hope day, Central Baptist Church, Devonshire Rd, SO15 2GY	Keynote event for Suicide Awareness Day. Stalls, creative workshops, exhibitions, Stories of Hope and more	Saire Herschel, Creative Options <a href="mailto:saireherschel@gmail.com">saireherschel@gmail.com</a>
Monday 10 Sept, 20.00	Keeping the Hope, Peace Fountain, 10 Brunswick Place, SO15 2AN	Meet together to light your candle in memory of a loved one who lost hope	Saire Herschel, Creative Options <a href="mailto:saireherschel@gmail.com">saireherschel@gmail.com</a>

Tuesday 11 Sept, 6.00	Walk of Hope, Hawthorns Cafe, Southampton Common, SO15 7NN	Walking from darkness into the light. Gather at 6am at the Hawthorns Cafe – dawn is at 6.29am.	Brendon O'Reilly, Southern Health NHS Trust <a href="mailto:Brendan.oreilly@southernhealth.nhs.uk">Brendan.oreilly@southernhealth.nhs.uk</a>
Wednesday 12 Sept, 10.30 – 14.30	Drop-in event at Freemantle United Reformed Church, 257 Shirley Road, SO15 3HS	Open Day for the weekly drop-in event - free taster sessions throughout the day including meet and greet, quiz, creative writing, craft workshop, hand-massage, alternative therapies, tai chi session and mindfulness with creative workshops	Frances Heather, Creative Options <a href="mailto:frances.anne@btinternet.com">frances.anne@btinternet.com</a>
Wednesday, 12 Sept, 10.30 – 12.30	Blue Sky Natural Voice Choir, Freemantle United Reformed Church, 257 Shirley Road, SO15 3HS	Ladies only singing session	Maggie O'Connor, Natural Voice Network, <a href="mailto:maggieoc@dsl.pipex.com">maggieoc@dsl.pipex.com</a>
Wednesday 12 Sept, 13.30 – 15.30	Mental Health Peer Support Music Group, The Pavillion, Hoglands Park, Palmerston Rd, SO14 1NH	SoCo Music Projects re-launches regular group sessions as a safe and supportive space to learn, play, listen and share. All abilities welcome. Cost £3.	Mark Scott, Soco, <a href="mailto:mark@socomusicproject.org.uk">mark@socomusicproject.org.uk</a>
Thursday, 13 Sept, 14.00 – 16.00	Special music workshop – 'With a Song in Mind', Third Age Centre, 11 Cranbury Terrace, SO14 OLH	'Creative Options' singing group joins forces with SoCo Music Project in a special music workshop.	Saire Herschel, Creative Options, <a href="mailto:saireherschel@gmail.com">saireherschel@gmail.com</a>
Thursday, 13 Sept, 19.00 – 21.00	Blue Sky Natural Voice Choir, St.Marks Church, Archers Road SO15 2LU	Singing taster session for men and women	Maggie O'Connor, Natural Voice Network, <a href="mailto:maggieoc@dsl.pipex.com">maggieoc@dsl.pipex.com</a>
Friday, 14 Sept, 14.30	Shared community lunch, Central Baptist Church, Devonshire Rd, SO15 2GY	Everyone welcome	Frances Heather, Creative Options <a href="mailto:frances.anne@btinternet.com">frances.anne@btinternet.com</a>