



Please let us know if you will be attending a group so we can regulate numbers : info@mind-yourself.org.uk or 020 7697 4753

May 2017

Mon	Tue	Wed	Thu	Fri
1st Bank Holiday	2nd	3rd	4th MY Music 2 - 3.30 pm	5th Coffee Morning 11 - 12.30pm
8th Walk and Wonder 11 - 1.30pm Mindfulness 3 - 4.30pm	9th Creative Writing 2 - 4pm Surviving or Thriving? 7pm	10th Health Information Session 3 - 4pm	11th Art Group 11 - 12.30pm MY Music 2 - 3.30pm	12th Gadget Drop-In 11 - 12.30pm
15th Mindfulness 3 - 4.30pm	16th London Irish Centre Library 2 - 4pm	17th Carers' Group 2 - 4pm	18th MY Music 2 - 3.30pm	19th Coffee Morning 11 - 12.30pm
22nd Mindfulness 3 - 4.30pm	23rd Creative Writing 2 - 4pm	24th	25th Art Group 11 - 12.30pm MY Music	26th Movie Matinee 1.30 - 3.30pm
29th Bank Holiday	30th Visit to Kew Gardens 11am - 4pm	31st Irish Literary Society Talk 2.30 - 4pm		

'Surviving or Thriving?' Mental Health Event: 9th May

Come join us for an evening to mark Mental Health Awareness Week. This year's theme is 'Surviving or thriving?'. Speakers will include renowned researcher and CEO of Irish in Britain, Dr Mary Tilki, who will talk about dementia in the Irish community.

Carers' Group: This monthly peer support group is open to anyone who is Irish and identifies as a carer. The group gives a chance to share experiences and to get tips and information on being a carer.

****NEW** Creative Writing:** The course will encourage participants to create short pieces of fiction or poetry, inspired by their lived experience, using photographs, images or objects which inspire them. Members will have opportunities to share their work with the group and receive useful feedback.

Coffee Morning: Come along for a cupán tae, a chat and share information about events and activities happening locally. All are welcome.

Gadget Drop-In: This drop-in session is back, offering the opportunity to come by with any technology-based questions you have for phones or tablets. No question is a silly question - all are welcome and don't forget to bring your gadget!

****NEW** The Irish Literary Society:** Nora Connolly, member of the ILS, will tell the story of the ILS. from 1892 to the present day with extracts from songs and poems about crossing the Irish Sea for you to join in with.

MY Art Group: These sessions provide an opportunity for those of you who like painting and drawing to come and do some artwork. Materials are provided!

Mindfulness: Mindfulness is about living in the present moment. In this group you will learn how to reduce stress and negative thinking. You will find out ways to better manage nerves to live life more fully.

Movie Matinee: Brooklyn, 2016, directed by John Crowley and starring Saoirse Ronan (Ellis Lace), who departs from Ireland, lured by the promise of America but a new romance forces her to choose between two countries and the lives within.

MY Music: Sing all your cares away at this friendly weekly group. Sing-songs include a wide range of popular songs, with (of course) many Irish favourites.

Walk and Wonder: Visit to Abney Park, Stoke Newington. Discover this peaceful Oasis of greenery in Hackney. See many monuments dedicated to famous people, including Isaac Watts, James Bronterre O'Brien and William Booth. Meet at the Old Fire Station at 11 am and we will take public transport to Stoke Newington.

****NEW** Kew Gardens** - Free Visit to Kew Palace and Gardens. Meet at the Old Fire Station at 10.45 am. Please bring a packed lunch. We will get the bus to Highbury and Islington and then the train from there to Kew Gardens.

London Irish Centre Library: Share a poem or short piece from the books available about your favourite place in Ireland, or your favourite author. Meet at 2pm outside Camden Town Underground Station, next to HSBC Bank.

Health Information Session: The Benefits of Exercise on Mental Health: Ruth Melican, our Community Health Navigator, will speak about how exercise can have a positive impact on mental health and how it can be incorporated into everyday life.



How to find us:



*Promoting Health and Wellbeing
for Irish people in London*

Events & Activities

May 2017

Mind Yourself

The Old Fire Station

84 Mayton Street

London N7 6QT

T: 020 7697 4753

E: info@mind-yourself.org.uk

Twitter: @MindYourself3

Facebook: /MindYourselflondon

www.mind-yourself.org.uk

Nearest tube station: Holloway Road/ Arsenal (Piccadilly Line)

Buses: 4, 17, 29, 43, 91, 153, 253, 254, 259, 263, 271, 393.



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DEPARTMENT OF FOREIGN AFFAIRS AND TRADE OF IRELAND

**Information may change. Check for the MOST up to date information
on our website: www.mind-yourself.org.uk or call us on 020 7697 4753**