

CONNECTION CAFES



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PERTH AND KINROSS Mental Health & Wellbeing Festival

19th and 20th
August
2023



Move

Hosted by



Learn

Create

Talk

Relax

FREE WORKSHOP GUIDE 2023

19th and 20th August at Perth Concert Hall

Festival also includes Sports Activities, Arts and Crafts and Silent Disco

Date	Organisation	Time	Location	Theme
6 th June	NEST	2pm	Blairgowrie	Arts and Crafts
10 th June	Trauma Healing Together/ Perth Minority Association	12-3pm	North Inch Park, Perth	Mela Festival
17 th Jun	Plus Perth	11am	Perth	Chalk Street Art
19 th Jun	Perth Autism Support	10am	Perth	Support for parents of autistic children
23 rd Jun	Change Mental Health	12:30am	Perth	Makeup masterclass
26 th Jun	Mindspace	2pm	Perth	Coffee and Chat
27 th Jun	NEST	2pm	Blairgowrie	Arts and Crafts
28 th Jun	Endometriosis UK Dundee Support Group	6:30pm	Perth	Find out more about Endometriosis
1 st Jul	ESOL	10am	Perth	Coffee and chat
5 th Jul	Trauma Healing Together	1pm	Perth	Coffee and chat for Trauma Survivors
11 th Jul	SCARF	10am	Perth	Household Energy Support
14 th Jul	Trinity Church	12.45pm	Perth	Spiritual Care
18 th Jul	Plus Perth	2:30pm	Perth	Music Jamming Session
19 th Jul	Change Mental Health	1pm	Perth	Wellbeing
6 th Aug	Stephen Lyon Organisation	12pm	Kinross	Coffee and Chat Info session
7 th Aug	Starting Step	11am	Perth	Support for those involved in the criminal justice system
8 th Aug	All Strong Scotland	1.30pm	Perth	Addiction Recovery
8 th Aug	Trauma Healing Together	6pm	Perth	Coffee and Chat for Trauma Survivors
15 th Aug	All Strong Scotland	3pm	Perth	Unpaid Carers and Menta Health
18 th Aug	Plus Perth	2pm	Perth	Screening of Billy Elliot
18 th Aug	Lindas Ladies	10am	Perth	Coffee and Chat



/TraumaHealingTogether

www.traumahealingtogether.org/mental-health-festival



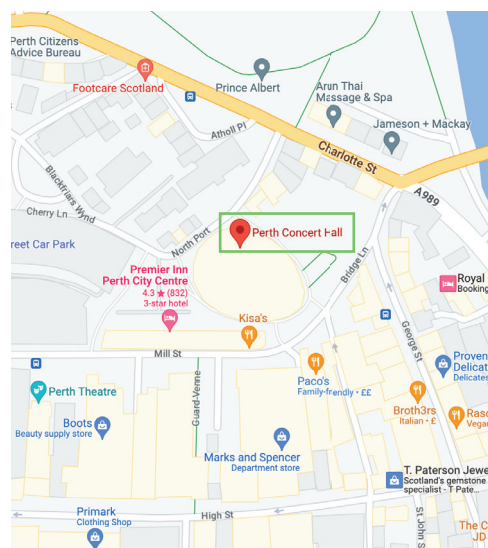
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Come along and join us for a weekend of FREE workshops and fun interactive activities all aimed at supporting people with their mental health and wellbeing. Whether you are just looking to get some tips on improving your general wellbeing or are really struggling with a mental health condition, the festival has something for everyone, regardless of age or background. As well as our workshops and activities, you will have the opportunity to have a chat with various mental health services in the community to find out more about what they do.

No booking is required, just turn up on the day! Please be aware that workshops have limited spaces so arrive early in plenty of time to guarantee a space. Also, look out for our drop in connection cafes which are running in the lead up to the festival. The various cafes that will be running provide an opportunity to connect with various organisations and find out more about the support they offer. Find out when and where our cafes are happening on the back page.

Location: Perth Concert Hall
Mill Street, Perth PH1 5HZ



Saturday 19th

Festival Welcome
Time: 9:00 am

Grounding through the 5 senses

When someone feels overwhelmed, triggered or very anxious, it can be difficult to stay present and focused. In this interactive workshop, you will have an opportunity to create your very own sensory box which you can take away and utilise when you need something to help ground yourself.

Time: 9:30 am
Organisation:
 Trauma Healing Together

Mental Health for all-From an autism perspective

In this talk, Perth Autism explores the research about mental illness and autism. They will discuss the barriers that exist to accessing mental health support for people with autism and provide some strategies that may help.

Time: 10:30 am
Organisation:
 Perth Autism Support



Saturday 19th

Breathwork
 In this workshop, Vitality Me will help you to understand the importance of the breath in calming the nervous system. They will also show you how to do different breathing exercises which are beneficial to improving mental health.

Time: 11:30 am
Organisation:
 Vitality Me

Break
Time: 12:30 pm

The Man who missed the Boat.

In 1983, Arcadia, a fishing vessel from Lossiemouth tragically sank. This film, produced by Generating Opportunities, explores the impact that this had on one man, Kenny, who had previously spent two years on the Arcadia but missed this particular sailing. As a result of 'missing the boat', he developed survivors' guilt which saw him sectioned in a mental health institution for several years. What healed him was his art and writing. After the film, there will be a Q&A with Kenny and an opportunity to share the learnings from the film.

Time: 1:15 pm
Organisation:
 Plus Perth

Saturday 19th

Sport for Change Network: Changing lives through the power of sport

The Sport for Change Network are a collection of nine sport clubs from Perth City that come together to use the power of sport to support the mental health of its members and the wider community.

Time: 2:15 pm
Organisation:
 Live Active

Womens Health

In this workshop, Move Ahead will cover the relationship between female hormones, the menstrual cycle and the impact on mental health and wellbeing. They will then explore helpful techniques and strategies to promote good health.

Time: 3:15 pm
Organisation:
 Move Ahead

Saturday 19th All Day Events

Sports for Change Network - sports taster sessions

Arts and Crafts corner

Chalk Art



Sunday 20th

Festival Open
Time: 9:00 am

All Ability Fitness
 A fun fitness class that can be adapted to everyone. We have used inspiration from aerobics, Yoga and Pilates to create a class that is one a kind and suitable for all abilities. Come along to move and stretch your body in a way that is uniquely you.

Time: 9:15 am
Organisation:
 Vitality Me

Understanding and managing emotions through the lens of trauma

In this workshop, Trauma Healing Together will talk about how experiencing a traumatic event can shape and alter our ability to manage emotions. Through their experience of working with trauma survivors, they will discuss the tools and strategies that can be used to help regulate emotions.

Time: 10:15 am
Organisation:
 Trauma Healing Together

Wellbeing Journal Workshop

This workshop will explore some basic everyday self-management tools, including gratitude, affirmations and progression in exercise. Participants will learn a few home bodyweight exercises and receive their own journal.

Time: 11:15 am
Organisation:
 All Strong Scotland

Sunday 20th

Break
Time: 12:00 pm

Faith, Culture and Mental Health
 Perth Minorities Association provide a new perspective on understanding different cultures and discuss the help available.

Time: 12:45 pm
Organisation:
 Perth Minorities Association

Connect Crafts - A Creative Workshop for Young People

Young people are welcome to drop in and make a personalised inspirational phone case cover or a 'Writing in the margins' notebook. Be creative and design your own phone case or notebook with what speaks to you using song lyrics, pictures, quotes or words.

All ages welcome.
Time: 1:45 pm
Organisation:
 Change Mental Health

Mindful photography

Join Kelly McIntyre Photography to explore mindful photography. In this workshop, Kelly will share how the practice of creating photographs mindfully has helped her foster a deeper sense of connection to self, others, and nature, increasing her confidence, creativity, and self-esteem.

Time: 2:45 pm

Sunday 20th

Let's go Mental Silent Disco Hour with Lindas Ladies

Put on your dancing shoes and join Lindas Ladies for the end of festival silent disco session.

Time: 3:30 pm
Organisation:
 Linda's Ladies



Sunday 20th All Day Events

All day Silent Disco

Sport for Change Network - sports taster sessions

Arts and Crafts corner

Chalk Art

