

Mental health awareness week 2018

Events in Dartford, Gravesham and Swanley

Find events in your area this mental health awareness week.

Can't make it to any of these events or activities? Visit our website – livewellkent.org.uk – or call our free helpline on 0800 567 7699.

Monday 14 May	Tuesday 15 May	Wednesday 16 May	Thursday 17 May	Friday 18 May	Saturday 19 May
<p>What? Cookery class – learn how to cook a quick, easy meal, then stay to enjoy what you've made!</p> <p>When? 11am - 1pm</p> <p>Where? Healthy Living Centre St Edmund's Church Dartford DA1 5ND</p> <p>£3 per person; book by calling 07788 383799 <i>Run by Dartford Healthy Living Centre</i></p>	<p>What? Music activity session – all ages and abilities welcome, come and join our jam session</p> <p>When? 11am - 12.30pm</p> <p>Where? Methodist Church Hall 43 Spital Street Dartford DA1 2DX</p> <p><i>Run by North Kent Mind</i></p>	<p>What? Mental health open day – find out what services are available in your area. There'll be information stalls, talks and refreshments.</p> <p>When? 10am - 12pm</p> <p>Where? Healthy Living Centre St Edmund's Church Dartford DA1 5ND</p> <p><i>Run by Live Well Kent and Dartford Healthy Living Centre</i></p>	<p>What? 'To Helen Back' – this surreal, critically-acclaimed play analyses sickness, health and what it really means to recover</p> <p>When? 8 - 9.30pm</p> <p>Where? The Woodville Theatre Gravesend DA12 1DD</p> <p>£11.50-£13.50; book your ticket in advance at woodville.seatlive.com <i>Run by House Theatre Company</i></p>	<p>What? Mental health event with stalls and experts providing different services in your area – including free health checks, free massages and indoor gardening activities</p> <p>When? 10am - 12pm</p> <p>Where? Methodist Church Milton Road Gravesend DA12 2RE</p> <p><i>Run by Live Well Kent</i></p>	
<p>What? Mental health event with stalls and experts providing services in your area – including health checks and massages</p> <p>When? 2 - 4pm</p> <p>Where? Swanley Library London Road Swanley BR8 7AE</p> <p><i>Run by Live Well Kent</i></p>		<p>What? Mental Health Matters – find out about services near you</p> <p>When? 10.30am - 12.30pm</p> <p>Where? Dartford Library & Museum Market Street Dartford DA1 1EU</p> <p><i>Run by Springboard North Kent Mind</i></p>		<p>What? Computer club – start getting to grips with technology. Open to all ages and skill levels, including complete beginners!</p> <p>When? 12.30 - 2.30pm</p> <p>Where? Adult Education Centre Summerhill Road Dartford DA1 2LP</p> <p><i>Run by North Kent Mind</i></p>	<p>Sunday 20 May</p> <p>What? Mental health awareness event for the local Asian community – pop in to find out what support services are available near you.</p> <p>When? 12 - 4pm</p> <p>Where? Guru Nanak Gurdwara Guru Nanak Marg Gravesend DA12 1AG</p> <p><i>Run by Rethink Sahayak</i></p>
		<p>What? Creative activity session – meet new people and try different creative activities</p> <p>When? 11am - 2pm</p> <p>Where? White Oak Leisure Centre Hilda May Avenue Swanley BR8 7BT</p> <p><i>Run by North Kent Mind</i></p>			