Mental Health Awareness Day

Saturday 5th October 2019 10am – 1pm At Brentford Health Centre, Boston Manor Road, Brentford. TW8 8DS

OPEN TO ALL BRENTFORD AND ISLEWORTH RESIDENTS



Come to the awareness day and talk to practitioners about what you can do to help yourself and what extra help is available to you in the Hounslow area.

10.00: Talk 1: Sally Gomme, Mental Health services and users' experience 10.45: Talk 2: Michael Smyth, Mental Health and Wellbeing
11.30: Talk 3: Carol Clark, Clinical Exercise Specialist Talk and exercises. 12-12:30: Carol Clark: Exercise taster session 1 Pilates 12:30-1pm: Carol Clark: Exercise taster session 2 Keep fit exercises

Representation from SOCIAL PRESCRIBERS - ONE YOU HOUNSLOW - WEST LONDON WELLBEING CENTRE- HEALTHWATCH HOUNSLOW-BETTER MENTAL HEALTH CHISWICK-CAREPLACE -YVHSC and many others.

TO FIND OUT MORE email: brentfordhealthppg@gmail.com