

Time to Talk Day is taking place on Thursday 4th February, it’s the day that we get the nation talking about mental health. This year’s events might look a little different, but now it is more important than ever to talk about mental health. A small conversation about mental health has the power to make a big difference.

This year Time to Talk will be hosting a virtual festival with a day of online activities taking place on their YouTube channel on 3rd and 4th February 2021. These sessions are open to everyone- no tickets required. Keep an eye on this page for information about the sessions taking place on the day.

As well as the national events explained above we have been working with local partners within the Chesterfield area to support the ‘Time to Talk’ day and put on some free virtual sessions. Please see the table below and posters attached with information of how to book on the different sessions and courses:

**Workers Educational Association** Thursday the 4th of February

9-9.45am - Come and Meet Derby & Derbyshire WEA to find out what other courses are on offer for people

10am-12pm - Creating your Calm: Anxiety Management and Communication

1-3pm - Motivation and Inspiration

**Mentell**

A live 30 minute webinar on Thursday 4th February, 1:00-1:30 pm. Mentell will be presenting and holding a 15 min Q&A with members of the public - open to all men and women. The webinar will be run over zoom and all people interested in attending will need to sign up using the link below

https://info.mentell.org.uk/en-gb/men-is-it-time-to-talk-2021

**A Compassionate Voice Foundation**

Compassionate Voices ladies group

Three coffee and chat sessions planned throughout the day of the 4th of Febraury. Open to all women.

These will be running: 11am-12pm 2.30-3.30pm 6.30-7.30pm

Book your free place now following the link below and listen to members of Compassionate Voices share their lived in experiences. Time to Talks theme is ‘The Power of Small’ so we will be highlighting how small conversations in a safe and supportive environment can make a huge difference.

https://www.acompassionatevoice.co.uk/events/compassionate-voices-time-to-talk/

**DACES**

Thursday the 4th of February 10-10.45am - TNT (Tiny Noticeable Things) with David Taylor. How small changes can make a big difference to how your body works.

To pre-book and register for the Zoom link please email david.taylor@daces.derbyshire.gov.uk

2:30-3.30pm - Self Care Encourages More Care with Marcia Mckerrow. Practical prompts for small conversations.

To pre-book and register for the Zoom link please email marcia.mckerrow@daces.derbyshire.gov.uk

4-4.45pm - A Calm End to the Day with Marjolein Roerhorst. A gentle session to help people adjust to getting back out there after lockdown.

To pre-book and register for the Zoom link please email marjolein.roerhorst@daces.derbyshire.gov.uk