

# STRESS

ARE WE COPING?

MENTAL HEALTH  
AWARENESS WEEK  
14-20 MAY 2018



**WOKINGHAM  
BOROUGH COUNCIL**

## Mental Health Awareness Week 14th—20th May 2018

### STRESS: HOW ARE WE COPING?

Date & Time	Event	Location
Monday 14th May 1-3pm	Afternoon health walk and tea (booking required)	Henry Street, Arborfield
Tuesday 15th May 12-1pm	Badminton	Loddon Valley Sports Centre, Lower Earley
Wednesday 16th May 1:30 for 1:45pm	A 20 minute workshop on Stress by Dr Faye Burrows, Psycholo- gist.	Council chambers, Civic Office, Shute End
Thursday 17th May 11:30-12:30	Stretch & Relax	St Crispins Sports Centre, Wokingham
Friday 18th May 10:30 –11:30 1:45 – 2:45	Health Walk  Table Tennis	Meet at Tesco, Wokingham  St Crispins sports centre, Wokingham

In Wokingham, we are offering some free to attend events which you may find helpful towards maintaining a healthy life.

To book on to the afternoon tea and walk, please contact Amanda Dollery on 0118 989 0707 or email at [Amanda.dollery@wokingham.gov.uk](mailto:Amanda.dollery@wokingham.gov.uk)

**“talk to me”**

You don't have to  
be an expert to listen.

Berkshire Healthcare   
NHS Foundation Trust