

# World Mental Health Day

## October 10th 2013

Dementia Conference 'Understanding Dementia' 1-30pm until 4-30pm

Time to Change Human Library 10-30am until 1-30pm

Bromley Youth Council Mental Health and Wellbeing Campaign 10am until 7-30pm

Market Stall on Bromley High Street Stall from around 9am until 5pm



### 1. Bromley Dementia Forum Conference Bromley Town Church, 2 Ethelbert Road, Bromley BR1 1JA. 1-30pm until 4-30pm



'Understanding Dementia – Research and how to get involved'  
For more information please contact [evelyn.collington@ntlworld.com](mailto:evelyn.collington@ntlworld.com)

### 2. Time to Change Human Library on the green space outside Bromley Library/Churchill Theatre 10-30am until 1-30pm



The Human Library will give people the opportunity to speak to 'human books' in friendly one to one sessions. All our human books are people who lead full and interesting lives whilst also having experienced mental health problems. For more information please contact [Nathan.Rendell@bromleymind.org.uk](mailto:Nathan.Rendell@bromleymind.org.uk)

### 3. Bromley Youth Council Mental Health and Wellbeing Campaign Zara Atrium, Intu (formerly the Glades) from 10am until 7-30pm



The Bromley Youth Council will be officially launching the Bromley Youth Council Mental Health and Wellbeing Campaign – young people will be promoting the aims and objectives of the campaign and raising awareness through a 'green ribbon' campaign. For more information please contact [Ruth.Wood2@bromley.gov.uk](mailto:Ruth.Wood2@bromley.gov.uk)

### 4. Market Stall Bromley High Street. Stall from around 9am until 5pm

Bromley Mental Health Service Providers will be giving out information on the services which are currently available in Bromley

