

WORLD MENTAL HEALTH DAY 2004

BIRMINGHAM'S CITY CENTRE CELEBRATIONS IN EDGBASTON STREET ON SATURDAY 10TH OCTOBER 2004



This was the biggest celebration of 'World Mental Health Day' held to date in the City of Birmingham and was compared by many to the prestigious International Sanity Fair, which takes place in Stoke every summer.

The Birmingham and Solihull Mental Health NHS Trust led by the Mental Health Promotion Department worked in partnership with many other citywide mental health service providers to host this exciting and successful event.

We arranged with Birmingham City Council to use the space outside the new Bull Ring Centre by St Martin's Church and the markets in Edgbaston Street where a number of marquees were erected to house our stalls and displays.

Organisations, which had a stall at the event included Birmingham and Solihull Connexions, Focus Futures, Changing Futures, The Boots Walk In Centre, City College, Amazon Young Peoples Counselling Services, Birmingham Women's Aid, Birmingham Libraries and the Pan Birmingham Partnership.

From within the Mental Health Trust we had an exhibit providing information on the New Hospitals Project as well as stalls by HR and Recruitment, Mental Health Promotion, The Positive Mental Health Group, User Voice and PALS. The NHS recruitment bus was also present with a wealth of information on board about working for the NHS.



The free event ran from 10.00am to 5.30pm and was interactive with plenty of parallel activities going on throughout the day. Brainstorm entertained the crowds with live music, we had drama performed by MADCAP which drew in a crowd of about 60 people and also poetry read by MADCAP and City College performers; there was a well person clinic where over 70 people were given a health check; yoga and Reiki taster sessions were on offer too for those feeling more adventurous and an organised walk took place around Birmingham City Centre, taking in the canals, this was kindly facilitated by CSV Environment. We estimate that over 10,000 people visited our stalls throughout the day taking with them literature and information on a wide range of services and issues.



We couldn't have done any of this without the support of our dedicated and hardworking volunteers, to whom we give a massive thank you. Our volunteers included service users, carers and professionals who mingled throughout the day with the crowds of shoppers and general public handing out information, balloons, pens and other promotional merchandise all helping to promote the message of 'positive mental health'.

We've started planning next year's event already! So please if you weren't a part of this year's event make sure that you join us in 2005!



For more information please contact Claire Swindale on 0121 678 4150 or claire.swindale@bsmht.nhs.uk