



Mental Health Awareness Week

9th - 13th May 2022



Missed an activity you hoped to attend?
Scan the QR code to access all videos and resources from the week

Mental Health Activities

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Photo Compition announcement All Sites - online Annoucement</p> <p>Mood Boards Yale Wellbeing HUB - 13:00-16:00</p> <p>Resilience Sessions - BLOOM Bersham 9:30-10:30 innovation centre, Yale 12:00-13:00 wellbeing hub, Deeside 14:00-15:00 1st floor library, Northop 15:30-16:30 library</p> <p>Equality & Diversity Session Yale Wellbeing HUB - 11:00-12:00</p> <p>Be a champion - Book stall All sites - Library</p> <p>Breathing, grounding and hand massage videos All sites on Screens</p> <p>Resilience podcasts All sites - QR codes provided</p> <p>Positivity Tree All Sites - Library</p> <p>Art in the place - Large scale paint by numbers Yale - outside Wellbeing HUB, Deeside - outside library, Llysfasi - library, Bersham - Innovation centre, Northop - Near learning zone & Library</p> <p>Positive mindset sessions Online - 11:00-12:00 & 13:00-14:00</p> <p>Song writing for the mind Deeside-Wellbeing HUB- 9:00-10:00, Northop-Library - 10:30-11:30, Yale-HUB-13:00-14:00, Bersham-15:00-16:00 Innovation centre</p> <p>Ice Cream van Northop 13:00-14:00</p> <p>Beauty Massage Deeside 09:00-16:00 Library</p> <p>Anxiety Workshop Bersham Innovation Centre 09:00-10:00 & 12:00-13:00</p> <p>Smoothie bike Northop</p> <p>Craft activities D6th 12:00-13:00</p>	<p>Text 3 people how are you? Online promotion</p> <p>Equality and Diversity Session Llysfasi Library 11:00-12:00</p> <p>Favourite Mental Health Apps Online & Posters across sites</p> <p>Song Writing for the Mind Llysfasi 12:00-13:00 & 14:00-15:00 Wellbeing HUB Room 005 Hafan</p> <p>Positivity Tree All Sites- Library</p> <p>Podcast on Social Media QR Codes & leaflets found in Libraries</p> <p>Ice Cream Van Yale 12:00- 14:00</p> <p>Workshop on Mental Health By Caroline McDermott Northop 10:00-11:00 Library & Deeside 13:30-14:30 Library Training Rooms</p> <p>Scalp Massages Deeside Salon - 09:00-16:00 Book in with receptionist.</p> <p>Beauty Massage 09:00-16:00 Yale Salon - Book in with receptionist</p> <p>Anxiety Workshop Llysfasi Library 10:00-11:00 & 12:00-13:00</p> <p>Influencers on social media and in life Yale - Book in with Tim.</p> <p>Craft Yale Main reception 12:00-13:00</p> <p>Health assured 14:00-14:30 meet.google.com/hdp-eiha-rne?pli=1</p>	<p>Papyrus Stand Yale Wellbeing HUB 10:00-13:00 & Deeside Library 14:00-16:30</p> <p>Equality and Diversity Session Deeside Library 11:00-12:00</p> <p>Previous Students Peer Advice All Sites - Poster</p> <p>Handling Hiccups All Sites - Poster</p> <p>Positivity Tree All Sites - Library</p> <p>Ice Cream Van Llysfasi 12:00 - 14:00</p> <p>Mental Health and Wellbeing Workshop- Caroline McDermot Yale Wellbeing HUB 12:00-13:00 & Llysfasi Library 15:00-16:00</p> <p>Anxiety Workshop Northop Library Engage Zone - 10:00-11:00 & 12:00-13:00</p> <p>Wrexham- Young Person's Substance Misuse Yale Hafod ground floor - 10:00-16:00</p> <p>Bird display & awareness of Hobbies & development Llysfasi 11:00-13:00 Outside grounds</p> <p>Labyrinth Mindfulness Llysfasi all day</p> <p>Smoothy bike Llysfasi</p>	<p>Papyrus Stand Llysfasi - Library 11:00-13:00</p> <p>Equality & Diversity Session Northop 11:00-12:00 Library</p> <p>Drug and Addiction (Flintshire Sorted) Deeside Conference Centre 09:00-13:00</p> <p>Smoothie Bikes Bersham and Yale</p> <p>Positivity Tree All Sites - Library</p> <p>Learn how to sign your emotions - BSL All sites- Online</p> <p>Ice Cream Van Deeside & Deeside 6th 12:00-14:00</p> <p>Scalp Massage Deeside Salon - 09:00-16:00 Book in with Salon receptionist</p> <p>Beauty Massages Yale Salon - 09:00-16:00 Book in with Salon Receptionist</p> <p>Anxiety Workshop Deeside Library Training Rooms - 10:00-11:00 & 12:00-13:00 & 14:00-15:00</p> <p>Craft Northop Library 12:00-14:00</p>	<p>Reflexology Yale Wellbeing HUB 1 - 11:00-12:00, 12:00-13:00, (14:00-15:00 - Live recorded session)</p> <p>Equality & Diversity Session Bersham Innovation Centre 11:00-12:00</p> <p>Scalp Massage Deeside Salon - 09:00-16:00 Book in with Salon receptionist</p> <p>Beauty Massages Yale Salon - 09:00-16:00 Book in with Salon Receptionist</p> <p>Lions Barber Collective Deeside (Library)-11:00-13:00 & Yale 14:00-16:00</p> <p>Cyber Awareness Deeside conference 9:00-12:00, Rm to be confirmed @ Yale 13:00-16:00pm</p> <p>Mindful Bingo All Sites</p> <p>Ice Cream Van Bersham 12:00-14:00</p> <p>Song writing for the mind Deeside HUB - 12:00-15:00</p> <p>Mood Board Yale HUB 13:00-16:00</p> <p>Positivity Tree All Sites - Library</p> <p>Breathing Exercises Online & Leaflets available at Library</p> <p>Grounding Exercises Online & Leaflets available at Library</p> <p>Podcasts Online</p> <p>Anxiety Workshop Yale Wellbeing HUB 10:00-11:00</p> <p>Silent Disco Yale Wellbeing HUB- 15:30-16:30, Deeside Wellbeing HUB 15:30-16:30, Bersham Conference Centre 15:30-16:30, Northop Library 15:30-16:30</p> <p>Mindfulness Labyrinth Northop - Book in with Tim.</p>
	<p>*Cambria Salons will be offering free mini treatments on the days indicated. Booking at Deeside is essential.</p>				



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	Monday	Tuesday	Wednesday	Thursday	Friday
Today's theme	Positivity and Resilience	Social Media and Mental Health	Maintaining Mental Health and Wellbeing under pressure	Food & Mood Life Choices	Mindfulness
Freebie of the day	Pens & Leaflets	Leaflets	Stress Balls	Re-usable Water Bottles	Mindful Colouring & Bags
Freebies are available each day from main reception at every Coleg Cambria site. Stocks are limited, so it's strictly one each and first-come, first-served.					
<p>Let's Get Physical to support your mental health!</p>	<p>Positive mindset workshop Deeside 11:00-12:00 & 13:00-14:00</p>	<p>Badminton Deeside 12:00-13:00</p>	<p>Football Deeside 12:00-13:00</p>	<p>Spin Deeside 12.15-12.45</p>	<p>Yoga Deeside 08:00-08.45</p>
	<p>Five a side Deeside 12.15-13:00</p>	<p>Circuit Deeside 12.15-12.45</p>	<p>Strength class Deeside 12.15-12.45</p>	<p>Basketball Deeside 12.15-13.00</p>	<p>Yoga Deeside 12.15-13.00</p>
	<p>Circuit Deeside 12.15-12.45</p>	<p>Dodgeball Llysfasi 12:00-13:00</p>	<p>Dodgeball Northop 12:00-13:00</p>	<p>5 a side Yale 12:00-13:00</p>	<p>Football Deeside 12.15-13.00</p>
	<p>Volleyball Deeside 16:00-17:00</p>	<p>Badminton Yale 12:00-13:00</p>	<p>Walking Northop 12:00-13:00</p>	<p>Pilates Yale 16:30pm - 17:00</p>	<p>Dodgeball Llysfasi 12:00-13:00</p>
	<p>Volleyball Yale 12:00-13:00</p>	<p>Spin Yale 12.15-12.45</p>	<p>Table tennis Northop 12:00-13:00</p>	<p>Spin Yale 17:00- 17.45</p>	<p>Basketball Yale 12:00-13:00</p>
	<p>Yoga Yale 12.15-12.45</p>	<p>Yoga Yale 17:00-17.45</p>	<p>Gym Yale 15:00-17:00</p>	<p>Gym Yale 15:00- 17:00</p>	
	<p>Gym Yale 15:00- 17:00</p>			<p>Basketball Yale 16.15-17:00</p>	
			<p>Yin Yoga for exam stress Online 16.00-16.45 meet.google.com/gfa-iyhb-niy</p>		
			<p>Morning Yoga Online 07.30-08.30 meet.google.com/dvf-zzgp-veu</p>		

Active Cambria will also be running their regular programme of classes.