

Hints and Tips to make your activity run smoothly

What are you going to do?

- All you really need is to get even a small group of people together to talk about and have fun whilst doing it

Where are you going to do it?

- Will it be face to face, or will it be online?

Do you need any help?

- Who might help you to organise and run it? If it is online, do you need help to set that up?

What else do you need?

- We have shared resources produced by our local Champions. You can download more resources to print or use online here: Download a Pack - Time To Talk Day (or type "Time to Talk Day 2022" into your search engine browser

How will you look out for your own and other people's wellbeing?

- Keep it light and include fun activities
- Have some signposting to support resources to share
- If you know a mental health first aider, find out if they are happy to help you
- Remember "Hands, Face, Space, Ventilation" if your activity is face to face
- Do something nice or restful for yourself after the activity




How will you promote your activity?

- Word of mouth, Social Media, Posters, venues, workplaces. (Remember to remind people before the day too)

Will you share news of what you did after your activity?

- This can be to your workplace, your community group, online or in the local pre, (If you want to share pictures, make sure you have permission if they show people's faces).

Finally, please share with us a few lines about what you did, how many people joined in and pictures if you can so that we can add your activities with what others did to make an even bigger impact on the stigma around mental health

T₁ A₁ L₁ K₅ change lives

Listen

We think every day is a time to talk day, so we are keeping the conversation going. If you want to find out more about running activities in the future, keep in touch!

You can call us on 01684 312730

Email: timetochangeworcestershire@comfirst.org.uk
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Get involved...

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 Time-to Change Worcestershire

Look out for and join in with Time to Change Worcestershire activities and campaigns



Hosted by:  Community First
Building better communities
in Herefordshire & Worcestershire

Funded by:  worcestershire county council

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