



Shawmind

2021 Events Calendar

What does Shawmind do?

Shawmind is a national charity based in the East Midlands, established in 2016. In 2017 we raised 103,000 signatures during our **Headucation campaign** for a parliamentary debate which led to compulsory mental health education in schools. This hugely successful campaign firmly established Shawmind as a champion of mental health in the UK, despite being a fledgling charity.

In schools, we are currently providing accredited mental health training to teachers, who are on the front-line when it comes to providing support to children who might be showing emotional challenges or early signs of mental ill health. We are also offering training directly to children and their parents through a variety of specialised courses.

In organisations, we are providing a wide range of accredited mental health support courses, as well as wellbeing and mindfulness courses. Together with our consulting partner **forward thinking inc** we offer professional consultation to help develop the mental health and wellbeing strategy and various programmes throughout the organisation.

In the community, our volunteers are working with people in need of interpersonal contact through online platforms, regular telephone calls, text or email-based support as they address personal challenges and work on coping strategies for now and in the future.

Our ManCave group now takes place online via Zoom, and provides a safe, open space for men to support one another through the challenges of life, family and business.

Our Breathe Café is a combination of weekly online sessions for people experiencing anxiety and related mental health challenges to access support and resources, supported by or national network of trained volunteers. Volunteers are each assigned to people in their areas who they can keep in touch with on a weekly basis and – pandemic permitting – can meet up with for a coffee at one of our participating Breathe Café partners.



Shawmind Events 2021

January

22nd: #Hello2021

Shawmind & Training for Business Webinar on Workplace Mental Health

February

1st – 7th: Childrens' Mental Health Week

Join us and Sock it to Stigma! Wear your brightest socks, create mini fundraisers and join in to show your support for children's mental health!



Free seminar on anxiety, stress and burnout...
want to know more? **Get in touch!**

March

4th: Uni Mental Health Day

We will be working with universities to provide Online breathe hubs throughout the day, offering university students a safe place to come and talk, seek support and find out more about how they can maintain good mental wellbeing.

8th: International Women's Day

Track our social media pages for exciting developments!



April

1st – 30th: Stress Awareness Month

Free seminar on anxiety, stress and burnout. We want to team up with organisations to make sure they know how best to handle stress of employees... want to know more? Get in touch!

May

1st – 30th: Maternal Mental Health Month & National Walking Month Host a "Mindful Meander", get out and about for a chat...

We will be hosting a series of events around pre- and post-natal mental health issues, maternity loss, and more... Want to sponsor an event at your workplace or in your community? Get in touch today!

June

14th – 20th: Mens' Mental Health Week

Our ManCave sessions are second to none and have already saved lives... Advance the important area of men's mental health in your community or workplace by sponsoring a ManCave for your colleagues... or get involved and help us raise funds for causes including PTSD and Suicide Prevention.

July & August

During the summer holidays we will be running the first ever **Shawmind Summer School Courses** will be run for 6 weeks, giving students both young and old the opportunity to gain valuable self-help skills in things like Mindfulness, Resilience, Better Stress Management, and more... Join in and spread the word about Shawmind Summer School!



Shawmind Events 2021

September

5th: International Charity Day

We want to encourage as many people as possible to take this one day to support the work that we do and engage in local fundraising events, do a skydive etc, all in the name of better mental health.

7th: Youth Mental Health Day

A new year, a new school, college or university for many! We will be hosting a series of events to help and encourage young people to cope with the challenges they may be facing.

10th: World Suicide Prevention Day

This day will include various training courses being made available, webinars and much more. Get in touch if you would like us to run a Suicide Awareness Workshop for your workplace...



October

5th: World Teacher Day

Shawmind Teacher Wellbeing Conference to discuss important aspects of teacher mental health & wellbeing, and how our aim to train

151,000 teachers in mental health support will improve children's mental health for years to come. ::: **Calling on sponsors** ::: We need your help to promote this event and help us secure the most impactful speakers – please get in touch!

10th: World Mental Health Day

Celebrating the importance of mental health, Shawmind will run a series of events focusing on the benefits of early intervention, of being proactive with regards to mental health, for yourself, your family, colleagues, community and workplace.



November

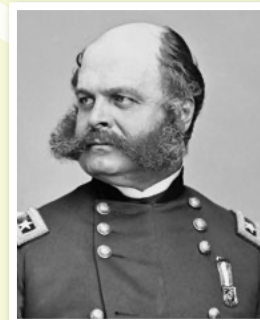


1st – 30th: Movember

Look out for our trustees on social media – they will be growing their best moustaches and we'd love for you to donate to motivate! Proceeds will go towards our men's mental health outreach programme.

6th: UK Stress Awareness Day

We'll be going back over some of the clips from Stress Awareness month, to provide everyone with handy snippets on how to manage stress in their everyday lives. Online events also scheduled... watch our social media pages for more info, or let us come and deliver a Better Stress Management workshop in your workplace...



December

5th: International Volunteers Day

We are so grateful to our wonderful national team of volunteers, without whom we would not have the impact that we do. This day, is dedicated to them, and we ask for sponsors and donations to help us provide them with a "thank you" for all their hard work and tireless effort.

See all our upcoming events, including Breathe Café and ManCave sessions:
www.shawmind.org/upcoming-events

Sock it to Stigma!



Our annual Sock it to Stigma (SITS) campaign seeks to raise awareness about the stigma associated with mental health and the damage that stigma can cause. Each year we ask organisations to get all their employees wearing their brightest socks, on show, to create a fun discussion point around which to rally about this serious subject.

The intended outcome of SITS is to combat stigma within the workplace by promoting discussions around mental health, offering support and allowing free conversation between employees and colleagues to discuss their mental health and wellbeing without judgement or fear of recrimination.

Mental ill health is all too often a topic that is not widely spoken about, especially in a workplace environment, with individuals fearing that they will be let go, not given as much responsibility or have their challenges ignored entirely by their colleagues and superiors. When mental ill health is not dealt with, it can have a hugely negative impact on productivity and work performance.

By taking part in SITS, you are showing that you are not afraid to stand up and be counted when it comes to fighting stigma surrounding mental health, and that your employees and colleagues can come to you for support and advice, and be taken seriously without judgement or repercussion.

During the COVID-19 pandemic, we have seen a huge increase in the numbers of people struggling with their mental health, especially those placed on furlough, those moving to remote working, and those who are suddenly finding themselves trying to juggle work alongside childcare and homeschooling. Employers should factor in the predicted rise in mental health issues when the world “reopens” and staff are expected to return to the office working environment. For many, this will be a source of anxiety after spending so long staying home and “safe” from any virus.

Organisations need to show that they are both understanding and accepting of the mental and emotional wellbeing challenges of their staff, and that



Peter Wingrove
CEO of Shawmind

Stigma around mental health still prevents many people from seeking the help and support they need. We must all take personal responsibility to create the kind of organisational culture which encourages people to speak up, which allows them to feel safe in doing so.

they are there to support them as far as possible. SITS has proven in the past to be a fun, interactive way of getting these conversations started.

One way to do this is to organise a simple fundraising competition between staff or departments, where each challenges the other to raise money for the SITS cause (mental health training for schools nationally) and the company commits to match what the employees raise. Fundraisers usually involve doing something fun that can be shared on the intranet or on social media - but the compulsory ingredient in the mix is that the activity **must be done whilst wearing your brightest, weirdest socks!** In the past we have had organisations hold bake and jumble sales, bike rides and hill walks. We will arrange with you to hold a presentation ceremony, either at your office (if restrictions allow) or online, and our President and CEO will be there to receive and acknowledge the gift from your organisation. We are happy to provide some basic promotional materials for you to help encourage employees to participate, and also help to create a GoFundMe / Virgin Giving page for your organisation so that staff can donate easily and track progress.

This year's SITS programme will run throughout February and we will support your efforts through our social media channels.