

## Summary Report

# My Network for Women Mental Health Event

World Mental Health Day 17<sup>th</sup> October 2017

**Healthwatch Doncaster**

**Engage, inform, influence**

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# 1 Introduction

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## 1.1 Details of activity

My Network for Women celebrated World Mental Health Day by organising a one day event comprising of stalls, speakers, demonstrations, workshops, refreshments and lunch. Various meetings were held prior with committee members and Healthwatch staff were consulted at intervals where necessary.

## 1.2 Acknowledgements

Debbie Hilditch – Vice Chair –Healthwatch

Chris Bingley – Founder of the Joanne Bingley Foundation

Sarah Lowe – Reiki – Mac Gallery

Hannah Shekle – Dreambakes

Linda Clarke – The Spotted Dog Co

Rebecca Boulton – Nutritional Therapist

Sarah Allan – Sarah Allan Therapies

Lai Lim – DCLC

MNFW committee – Judy Chan – Jayne Hall – Naheed Chaudhry – Jackie Wilson – Janet Rankine – Chui Wan Kong and the MNFW members

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## 2 What was the purpose of the activity/session?

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### 2.1 Purpose

To raise awareness of Mental Health at work and generally. To bring a variety of ways to help with Mental Health everyday through therapies, baking, floristry, wellbeing and other activities, promote health and wellbeing.

Our group is for women in business and anyone interested in setting up their business, our members were invited plus other local organisations.

The plan was to showcase a variety of services and have creative and mindfulness workshops everyone could join in, there were informative speakers and demonstrations to enable anyone to learn and be inspired. Provide information to enable people to seek further help where needed.

### 2.2 What did you do?

We promoted the day months in advance to generate interest to our existing members and to see if anyone would want to be involved during this event. We held 3 committee meetings to discuss the plans and what we would be doing towards getting ready for the event. Various tasks had to be done, including marketing, printing, flyers, promoting, social media, press release, lunch, refreshments, liaising with and confirming speakers.

### 2.3 Results of the activity/session(s)

The event helped to highlight that Mental Health is an important area that needs to be talked about more, many people are affected by Mental Health, understanding where to find help in our local community is important. Questionnaires were developed with Healthwatch Doncaster and completed by visitors on the day, these were returned to Healthwatch. Chris Bingley was an important speaker at our event, his story was very interesting and captured the attention of everyone there. The stalls, demonstrations and workshops were all provided by our existing members, it was good that they participated and were happy to be involved in this event with us.

## **Feedback from people who took part**

People who visited the event were very impressed with the various activities and how well organised the day was, many new people who had not attended our previous events came along and were interested in joining our group in the future.

## **Feedback from staff/volunteers who took part**

Staff and volunteers found the event friendly and very informative and there was a great turn out. We raised £80 on the day in raffle ticket sales to help continue growth of our group.

For next time we would like to see more organisations help to promote our events.

## **2.4 Conclusion**

Many people came together for a great cause, the event was very informative and provided a place to network and learn, which is very good. We were also pleased to see other organisations come to our event and help raise awareness whilst recognising that our group in trying to make a difference.