

MENTAL HEALTH AWARENESS WEEK: 13 – 17 MAY 2019

	MONDAY 13th	TUESDAY 14th	WEDNESDAY 15th	THURSDAY 16th	FRIDAY 17th
WHAT	PEDOMETER CHALLENGE	NIGHTINGALE HOLISTIC	NIGHTINGALE HOLISTIC	LUNCHTIME TALK	STAFF CHOIR – OPEN SESSION
WHEN	10:00	10:00 – 14:00	10:00 – 14:00	12:30 – 14:30	13:00 – 14:00
WHO	WELLBEING/GREEN IMPACT/AMH	MOYAH CUNNINGHAM	MOYAH CUNNINGHAM	VARIOUS SPEAKERS	WELLBEING CHOIR
WHERE	JUNCTION	PFC/01/023	PFC/01/023	PFC 0G/007	JUNCTION (OR OUTSIDE)
COST	CHARITABLE DONATION	STAFF PAY FOR SESSION	STAFF PAY FOR SESSION	FREE	FREE
TO BOOK		TO BOOK CLICK HERE	TO BOOK CLICK HERE	TO BOOK CLICK HERE	
	MONDAY 13th	TUESDAY 14th	WEDNESDAY 15th	THURSDAY 16th	FRIDAY 17th
WHAT	LUNCHTIME WALK - BOTANIC GARDENS	YOUNG MEN AND DEPRESSION	PURPLE PICNIC	INFORMATION STALLS	LUNCHTIME WALK - BOTANIC GARDENS
WHEN	13:00 – 14:00	13:00 – 14:00	12.30 – 2.30PM	10:30 – 15:00	13:00 – 14:00
WHO	BELFAST CITY COUNCIL	CALLUM MCDONALD (YEAR 2 MENTAL HEALTH STUDENT)	QUB AND ACTION MENTAL HEALTH	VARIOUS CHARITIES AND QUEEN'S RESEARCH GROUPS	BELFAST CITY COUNCIL
WHERE	BOTANIC GARDENS	MBC TEACHING CENTRE LECTURE THEATRE 2	GREAT HALL AND QUAD	JUNCTION AND PFC FOYER	BOTANIC GARDENS
COST	FREE	FREE		FREE	FREE
TO BOOK	TO BOOK CLICK HERE	TO BOOK CLICK HERE			TO BOOK CLICK HERE
	MONDAY 13th	TUESDAY 14th	WEDNESDAY 15th		
WHAT	CYBERBULLYING: E-MOTIONAL ABUSE	MENTAL HEALTH NURSING STUDENTS STALLS	INFORMATION STALLS		
WHEN	13:00 – 14:00	10:30 – 15:00	12.30 – 14.30		
WHO	INSPIRE	MENTAL HEALTH NURSING STUDENTS	QUEEN'S SPORT, DR KAREN GALWAY, DR CLARE MCEVOY		
WHERE	MATHS AND PHYSICS TEACHING CENTRE 0G/017	MBC FOYER	GREAT HALL AND QUAD		
COST	FREE	FREE	FREE		
TO BOOK	TO BOOK CLICK HERE				
		TUESDAY 14th	WEDNESDAY 15th		
WHAT		HOW TO IMPROVE YOUR SLEEP	'SCUSE ME EXHIBITION TOUR		
WHEN		13:00-14:00	13:00 – 13:20		
WHO		PROFESSOR GERRY GORMLEY	NAUGHTON GALLERY		
WHERE		MATHS AND PHYSICS TEACHING CENTRE 0G/017	NAUGHTON GALLERY		
COST		FREE	FREE		
TO BOOK		TO BOOK CLICK HERE	TO BOOK CLICK HERE		
			WEDNESDAY 15th		
WHAT			'SCUSE ME EXHIBITION TOUR		
WHEN			13.30 – 13.50		
WHO			NAUGHTON GALLERY		
WHERE			NAUGHTON GALLERY		
COST			FREE		
TO BOOK			TO BOOK CLICK HERE		



STAFF WELLBEING