

# *Following-on* from Mental Health Awareness

**Talk and discussion at  
EALING ABBEY parish hall  
Saturday May 11<sup>th</sup>  
10.15am – 1.00pm  
*refreshments served***

**Find out what you can do to help**

- *Starting conversations*
  - *Food and mood*
- *Five ways to wellbeing*
  - *Resources*

**Learn how to help yourself  
or someone with a  
mental health problem  
and build your own  
'well-being kit'**

**Presentation by Helen Denny**  
trustee for Papyrus- prevention of young suicide  
<https://papyrus-uk.org/trustees/>

also a RSPH (Royal Society of Public Health) connect 5 trainer. This course uses the framework of the [Five Ways to Wellbeing](#). Please phone the parish office to register your interest in attending. £10.00. Concessions available. Buffet lunch and refreshments served. Please phone 020 8862 2160/67 where you can also leave a message

**NEXT  
STEPS  
for  
mental  
health**

ANOREXIA  
DEPRESSION  
CLINICAL  
BIPOLAR  
THERAPY  
BENEFIT  
RISK  
RESEARCH  
GRIEF  
STIGMA  
WORRIED  
RELATIONSHIP  
TRAUMA  
IQ  
POSTPARTUM  
CRISIS  
SELF HARM  
PSYCHOLOGY  
SUICIDE  
POST-TRAUMATIC  
PSYCHOLOGICAL

“EACS Counselling and Psychotherapy:  
Serving the Mental Health Needs  
of the Local Community”

*A talk by* **GINNY ELLIS**  
*Clinical Coordinator of EACS*

**Thursday 16th May**  
**8pm**

The Bulbeck Room  
Ealing Abbey Parish Centre  
Marchwood Crescent W5 2DZ

THE EALING  
NEWMAN CIRCLE

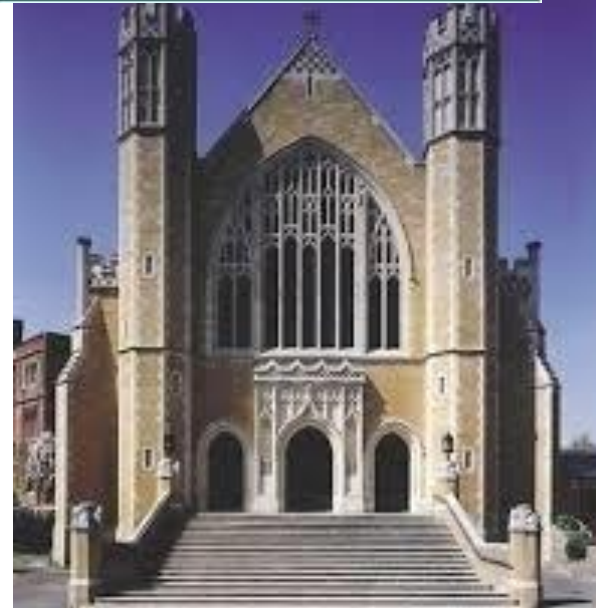


Everyone welcome to come and join in with questions and discussion after the talk.

There will be a voluntary retiring collection.

**EALING NEWMAN CIRCLE**

# Open House



Free entry to London's  
best buildings

21<sup>st</sup> -22<sup>nd</sup> September

**2019**

Each year over a quarter of a million people take part in the Open House weekend, visiting over 800 buildings, walks, talks and tours across London. One of those buildings is Ealing Abbey

## Dear parishioners, We NEED VOLUNTEERS ! . . .

. . . to help organise **Open House**.

The deadline to submit Ealing Abbey is 10<sup>th</sup> May, and without your help we cannot take part this year.

Please contact the parish office on 0208 862 2160 we are especially in need of people to

- meet & greet, give guided tours or help with refreshments *Thank you*