

In support of **Mental Health Week** the theme for 2022 is:



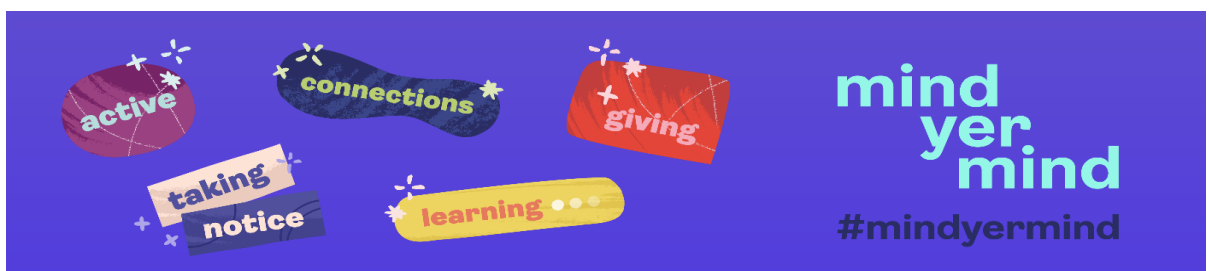
Loneliness



This is the 7th year of the Aberdeenshire Wellbeing Festival and once again we seek your involvement in supporting this initiative, the aim of which is:

AIM: To support national Mental Health Week and raise awareness of community activity and events which promote and support mental health and wellbeing.

- Increased awareness, knowledge and understanding of mental health and wellbeing.
- People and communities are more resilient and know how to look after and promote their mental wellbeing.
- To reduce stigma.
- People know how and where to access support.
- To highlight the importance of the internationally recognised 5 steps to mental wellbeing (Mind yer Mind).



This is also an opportunity to kick-start new community opportunities and promote existing activities.

Events can be indoor (covid compliant), virtual or outdoor and take place from 9th to 15th of May if possible.

For more information on Mental Health Week

[Mental Health Awareness Week | Mental Health Foundation](#)


For examples of previous events go to [Archive News - Hi-Net Grampian \(scot.nhs.uk\)](#)

Here are links to information on mental wellbeing:

 [Wellbeing-Guide-MHUK DIGI.pdf](#)

 <https://www.mentalhealth.org.uk/our-work/prevention>

 <https://www.livelifeberdeenshire.org.uk/live-life-well/supporting-change/mental-health/>

 <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide>



SUBMISSION FORM

Where will your event take place or is it virtual:	
Lead Name/Organisation:	
Telephone:	
Email:	

Please give us all the necessary details so we can accurately advertise your event

Name of event

--

Time and
Date:

--

Maximum numbers:
(if applicable)

--

Description of Activity

(Activities should be free of charge)

--

Please provide details of how to access or to sign up for the activity: (if you need support to access a digital platform please let us know)

Please indicate which of the following outcomes your event intends to address:

[5 steps to mental wellbeing see link above for explanation](#)

- | | | |
|--|---------------------------|--------------------------|
| Will your event help reduce loneliness? | Yes <input type="radio"/> | No <input type="radio"/> |
| Will your event help people to be more active? | Yes <input type="radio"/> | No <input type="radio"/> |
| Will your event help people to learn? | Yes <input type="radio"/> | No <input type="radio"/> |
| Will your event help people to take notice? | Yes <input type="radio"/> | No <input type="radio"/> |
| Will your event encourage giving? | Yes <input type="radio"/> | No <input type="radio"/> |

Publicity: Events and activities will be collated into an electronic programme hosted on the following web pages

www.hi-netgrampian.org

[Live Life Aberdeenshire - Live, Life Aberdeenshire](#)

[Mental Health and Wellbeing support - Aberdeenshire Council](#)

and which can be shared with partners.

Declaration: The information given in this application is accurate at the time of completion and I am happy to complete, and to ask participants to complete, an evaluation following the event.

I understand that Aberdeenshire Wellbeing Festival will include the contact details I provide in the publicity information and I understand that by signing this form I give my consent to this.

I am happy to be contacted regarding future events: YES | NO

Name:

Position/Role:

Signature:

Date:

Submissions must be sent by Monday the 21st of March 

Please send your submission to:
email: gram.centralpublichealth@nhs.scot

For further information contact your local Community Health Improvement Officer
Emma Dobson –South: emma.dobson2@nhs.scot 07557203578
Shirley Buchan – Central: shirley.buchan@nhs.scot 07788302138
Jacqui Gray – North: Jacqueline.gray4@nhs.scot 07811530466
Carolyn Lamb – carolyn.lamb@nhs.scot

Please note where possible events should be open to all