



## *Rushcliffe Mental Health Support Group*

Dear Group Members

Welcome to the Mental Health Support Group newsletter for Autumn/Winter 2016.

### **Websites:**

[www.rsgbooks.co.uk](http://www.rsgbooks.co.uk)

This is where our books and can be seen and purchased online.

There are also links to our two e-books that are available from Amazon.

### **Weekly Meetings:**

**We continue to meet at 12:30pm every Thursday at the Embankment Club. We have changed how the group works.**

**In order to be more active we are only staying at the club for half an hour or an hour at most then doing some activity together, such as; a walk or picnic, going to a café , art gallery, museum or garden centre. We tend to leave the embankment club between 1 and 1.30.**

**When 'Rambling Minds' starts up again in the New Year this will be on different days not just Saturdays.**

**Let me know if you would like to be updated about walks on a mobile number.**

As always come whenever you want. The group is here for you when you need it. It's always lovely to see you even if you haven't been for a while. If you want to be on, or be removed from, our mailing list either for the support group or Rambling Minds let us know. If you need to speak briefly with us away from the main group for more privacy just ask. If you are unsure about anything just ask Becky or Norrie.

*Becky*

If you would like to make suggestions for social events or for the group in general please let us know.  
We rely on your suggestions and ideas to have a varied programme and a successful group.

# ***Mental Health Support Group Diary***

Date to be confirmed	<p><u>Rutland Water</u> We hope to go by car but if not by bus. We will meet at 11 at the Embankment Club. At Rutland Water you can walk, hire a bike (you may need to book in advance), sail on the Rutland Belle, have a picnic or just chill out by the water.</p>
Date to be confirmed	<p><u>Boat trip</u> <u>Newark Crusader</u> at Farndon. £10 per person 2 till 4. Meeting at the Embankment Club at 12 to catch the bus together. Please bring a picnic, especially as we can have this on the boat. Numbers are limited so it is necessary to book places in advance.</p>
28 <sup>th</sup> November 2016 Monday	<p><u>York Christmas fair</u> We will be going to York by train for their Christmas fair. York is a beautiful town with many unique shops and the Christmas fair has been running for many years and is very successful.</p>
Either last Friday of November or first Friday in December 2016 5 till 8 in the evening	<p><u>Bingham Christmas Fair</u> Bingham's Christmas fair has been growing for many years. It has many stalls in the Market Place and at the nearby schools. There will be many things to see, hear and buy.</p>
15 <sup>th</sup> December 2014 Thursday 1 till 5	<p><u>Christmas Meal</u> This is our annual Christmas meal. Unusually, we are having it at the same place two years in a row - The Old Bakery in Newark.</p> <p>The meal of; main course, pudding and one drink, will be subsidised for members and so only cost £15.</p> <p>As soon as you can let Becky know if you want to come. Food choices and payment of the full £15 paid has to be by <b>24<sup>th</sup> of November</b>.</p> <p>I will compile a list for friends and family who may want to join us but numbers will be limited and members, as always, will come first.</p>

Put this on your wall as a reminder or put the dates in your diary

We will be adding more dates/events and confirming details of any activities at group meetings.  
Please ask at the group meetings as that is where up to date information will be given.