



join us at our “pop-up” café for  
afternoon tea & Jazz

Bring a cake to enter the cake competition ,  
1st prize; afternoon tea for two at The Ivy

Enjoy a selection of sandwiches, quiches, cakes &  
scones with a cup of tea.

Join in a conversation on your table about creative  
mental health pathways.

With thanks to Bath MIND—Food for Thought who  
have made the quiches for the afternoon tea.

[www.newhopebanes.org](http://www.newhopebanes.org) – For more info on the other Mental Health week



# Café Conversations

Thursday 17<sup>th</sup> May 1.30pm @ All Saints Centre, Weston, Bath



An afternoon of 20 minute dynamic workshops & activities,  
learn more about the partnership projects , funded by AWP that  
creatively support mental health progression and move-on from  
Avon and Wiltshire Mental Health Partnership Trust (AWP).

Sycamore Ward inpatient Move-on Workers

Peer Mentoring Project

Bath City Farms

FreshArt

then join us at our “pop-up” café for afternoon tea & Jazz  
Bring a cake to enter the cake competition

A Bath & NE Somerset event brought to you by St Mungo's, AWP  
and partnership organisations

café conversations tickets available through Eventbrite under Health, Bath

## The Event

### 1.30pm~ Welcome drinks

Check-in to receive your “travel pass” for today's activities, with an opportunity to watch some short films about the people involved in the projects

### 1.50pm~ Your journey begins:

Your “travel pass” will guide you to the start of your journey around our 20 minute workshops & activities;

- ♦ The impact of the Inpatient Move On workers
- ♦ Peer Mentoring linking statutory mental health to the community
- ♦ Human Library – Hear about their experience & achievements from volunteers, mentors and facilitators
- ♦ Bath City Farm supporting the wellbeing and recovery of clients
- ♦ FreshArt – People with lived experience transforming the walls of clinical settings

### 3.30pm~ Take your seats for Cake Competition judging

Bring a cake to contribute to the afternoon tea to enter the cake competition for 1st prize “Afternoon Tea” at The Ivy

### 3.30pm~ Vintage style Afternoon tea

Sit back and enjoy a selection of sandwiches, quiches, cakes & scones with a pot of tea all served by staff & volunteers.

Have a “café conversation” related to one of the workshops over your afternoon tea.

### 4.30pm~ Journeys end

Afternoon draws to a close, opportunity to provide feedback

## Peer Mentoring Project an AWP & St Mungo's partnership

Meet some of the Peer Mentors, find out how they are benefiting from their engagement in the project, their personal progression in regards to new skills, improved confidence and what they are enjoying.

See how far this new project has come and the momentum it has gained in such a short period of time and our aims moving forwards to link with other organisations to enable them to offer mentoring, following a similar model to the partnership with Bath City Farm, ensuring the same quality training and support is offered for Peer

## In Patient Move-on Workers an AWP & St Mungo's partnership

Meet the Move-on workers who support people through the discharge process when leaving Sycamore Ward, how they plan this journey ensuring the transmission is as smooth as possible and the positive impact of having the move-on workers to support this.. Participate in discussion and an activity to find out about some of the challenges people face when they come onto the ward and during the discharge process.

## Bath City Farm— in partnership with AWP

Meet some of the staff and volunteers who work at the farm, find out what they do, the group's that they run and how engaging with the farm impacts positively on the mental health & wellbeing of AWP clients see how the Peer Mentoring supports this, enabling volunteers to progress, promoting and improving access to the farms activities and enabling people who have accessed the farm whilst on Sycamore ward to continue to do so when they leave. Meet some of their animals in the garden.

## FreshArt— an AWP & Creativity Works partnership

Join in an art based activity to help understand how engaging in creative activities can help improve mental health & wellbeing. Find out about the groups offered and their work with Sycamore Ward. View some of the art work produced by FreshArt.