

Mental Health Awareness Week

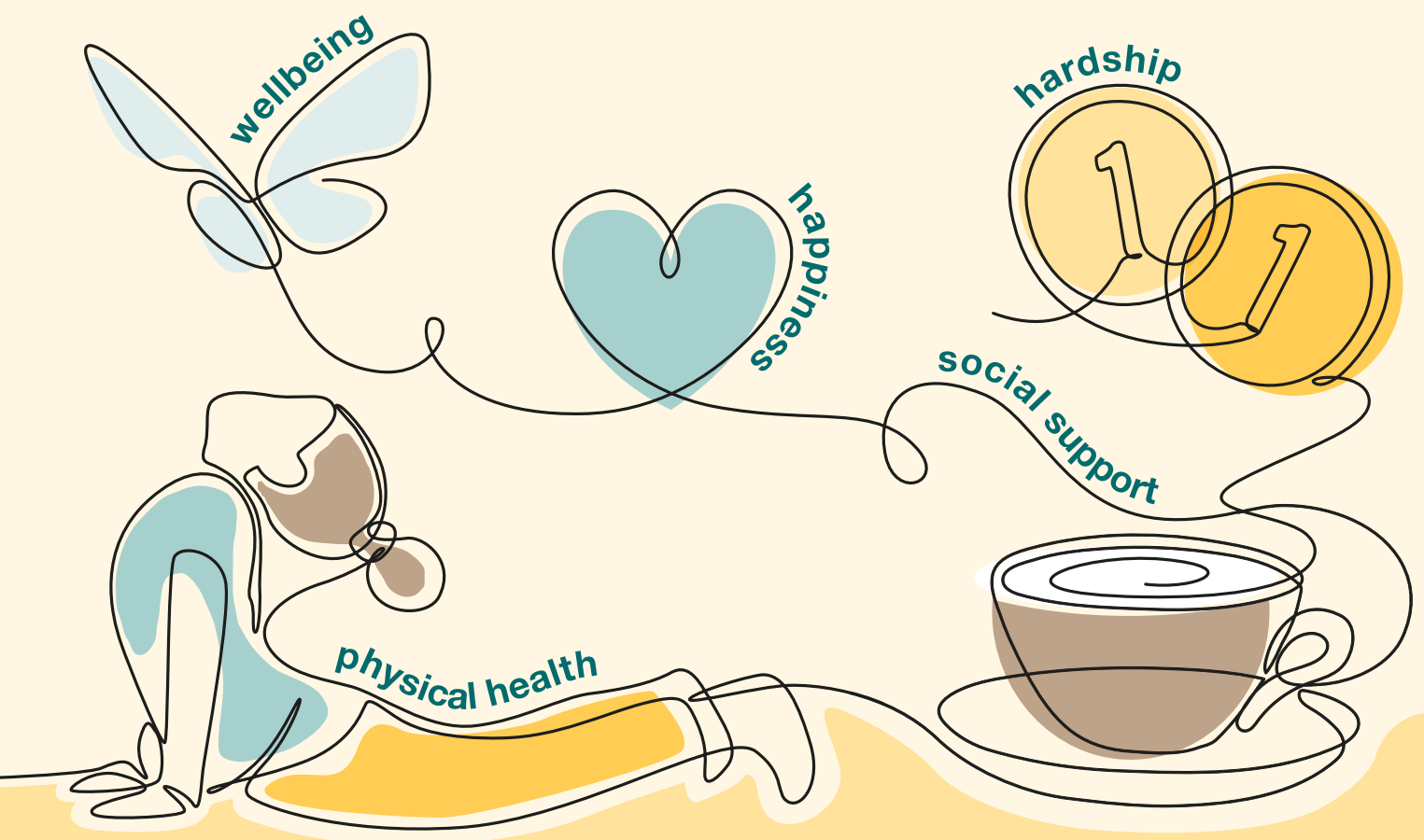
HAPPINESS
HUB

Supporting your mental health & wellbeing

11-15 May 2026

The theme for **Mental Health Awareness Week 2026** is to take **action!** And we want to celebrate how even the smallest of actions can help us to feel more hopeful and less powerless.

'While awareness is vital, real change comes when we take action too. Together, we've come a long way on mental health, but we can't risk going backwards. There's still much we can do to prevent people becoming unwell in the first place - **Mental Health Foundation**



Sessions are open to all Bracknell Forest residents. For further information, email: mhrn@bracknell-forest.gov.uk. The Happiness Hub and other organisations will be at these sessions to promote and support activities available in Bracknell Forest.

Monday, 11 May

Action for physical health

12 noon to 1pm: Exercise to music with Sport in Mind at Bullbrook Community Centre, RG12 2NL. Spaces are limited, please email: mhrn@bracknell-forest.gov.uk to book your place and complete the Sport in Mind sign up form: <https://app.upshot.org.uk/signup/68a5c5ab/>

1pm: Walk for wellbeing Meet at Bucklers Forest Community Hub, RG45 6NB.

Tuesday, 12 May

Action for social support

10am to 12 noon: Connect over coffee
at Brew Coffee Bar, Easthampstead Works, RG12 1BH.

11am to 1pm: Binfield Happiness Hub drop-in
at Foxes Den Café, RG42 4EW.

1pm to 2.30pm: Young at Heart group – over 30s welcome
at Starbucks, Princess Square, RG12 1LS.



Wednesday, 13 May

Action against hardship

10am to 12 noon: Action against hardship service roadshow within Princess Square at The Lexicon, RG12 1LS. Services attending include: Food bank, LETS group, Citizen's Advice East Berkshire, Cowshed and Home Start.

12 noon to 1.30pm: 'Managing stress' information session
at Bracknell Open Learning Centre, RG12 7GR.

Thursday, 14 May

Action for wellbeing

11am to 1pm: Mindfulness activities at Bracknell Library, RG12 1BH. Short guided meditation, and mindfulness activities such as colouring, and art activities.

4pm to 6.30pm: Action for wellbeing service roadshow at Forest Café, Time Square, RG12 1JD. Services attending include: Dementia advisory services, Youth employment hub, Involve-friendship ambassador and Stepping Stones.



Friday, 15 May

Action for happiness

11am to 1pm: Crowthorne Happiness Hub drop-in
at Crowthorne Fire Station, RG45 7AP.

11am to 3pm: Action for happiness event
within Princess Square at The Lexicon, RG12 1LS. A showcase of Happiness Hub partners including: MHRN, stepping stones, Friends in Need, Sport in Mind, Autism team, Dementia advisory Service, Wellness navigator, Carers lead and social prescribers.



For further information visit:

www.bracknell-forest.gov.uk/mental-health-recovery-network
or scan the QR code.