

Details of PYWFF walks Over September & October

Monday 26th September
Put Your West Foot Forward Led
Walk meeting at (10am) Tesco
Bathgate—walking to Boghall

Wednesday 28th September
Put Your West Foot Forward Led
Walk meeting at (7pm) Uphall
Community Centre—route
confirmed on day

Tuesday 4th October
Put Your West Foot Forward Led
Walk meeting at (10am)
Armadale Community Centre—
Town walk west

Tuesday 25th October
Put Your West Foot Forward Led
Walk meeting at (10am) at
Craigsfarm Community Centre
Mid Calder Town Walk

Tuesday 25th October
Put Your West Foot Forward Led
Walk meeting at (10am) at
Whitburn Library—walking to
Polkemmet Country Park

These are a select few of the
'Put Your West Foot Forward
Walks in and around West
Lothian. For a more detailed
programme please contact the
Health Improvement Team
Admin on 01506 775626 or
email: HIT@westlothian.gov.uk
quoting your name and address
and we will be sure to post one
out to you.

We look forward to seeing you
on one of our walks!

For further information of any
ASIST, ASIST Tune Up, safeTALK
and **SMHFA** training detailed
please contact:

June Gilfether or Susan Scott
Choose Life
West Lothian Council
Strathbrock Partnership Centre
189a West Main Street
Broxburn, West Lothian,
EH52 5LH
Phone: 01506 771728
Fax: 01506 775667
Email: HIT@westlothian.gov.uk

Mental Health Day Event

**Programme
of Activities
and EVENTS**

**September—October
2011**

Mental health awareness Information

Sept/Oct 2011

A variety of information will be provided to various agencies within West Lothian

ASIST Training

22nd & 23rd August 2011 OR

8th & 9th September 2011

Held at St John's Hospital
2 day suicide Intervention Skills Training (may be of interest to individuals already having completed safeTALK)

ASIST Tune Up

5th September 1.30-4.30pm

Held at St John's Hospital
A half day refresher course allowing people who completed ASIST training 2 or more years ago to refresh their knowledge

safeTALK Training

5th September at 9.30-12.30

Held at St John's Hospital
Half day Suicide Alertness Training

Alcohol Awareness Week Campaign

Dates TBC

National campaign to raise awareness around alcohol

Living Life To The Full

1 course of 4 half day sessions

6th, 13th, 20th, 27th Sept

LLTF is an evidence based and structured form of psychotherapy that aims...

Memorial Service for those touched by suicide

11th September 2011 at 3pm

Nether Dechmont Community Cntr

A service held for those touched by suicide

Scottish Mental Health First Aid

6th & 7th October 2011 at

St John's Hospital
2 day training course open to the public and services of West Lothian - to book a place please contact HIT@westlothian.gov.uk

Mental Health Open Day

12th October 2011 10am—2pm

Strathbrock Mental Health

Resource Centre

Market stalls to raise awareness of service and mental health issues

All welcome



Mental Health and Arts TBC

“Tree of Life”

Contact Julia Priestley at
Julie.priestley@westlothian.gov.uk

Fire Fly Activity (young TBC ppl)

Details TBC by Fire Fly Productions

Aimed at young people contact:
director@firefly-arts.co.uk

National Older Peoples Day

Details to be confirmed

Tea Dance—for further information please contact
Avril Kerr on
avril.kerr@westlothianleisure.com

Making It Real: Behavioural Change

26th October 2011

The aim of the course is to increase the confidence of participants in helping clients to positively change health related behaviour through the application of motivational interviewing techniques.

Walking Week 2011

19-25th Septemebr 2011

Please call 01506 775626 or email
HIT@westlothian.gov.uk
To request a walking week programme