

DRAGON CAFÉ IN THE CITY

FREE AND OPEN TO EVERYONE - A SPACE TO RELAX AND
RECHARGE IN THE CITY

SHOE LANE LIBRARY, EC4A 3JR

Thursday 17th May Mental Health Awareness Week

12:00 - 15:00 : Destress in your lunch break with a free 15 minute massage. (booking opens in the library from 11.45 on the day)

12:30 - 14:30 : Have a chat in the Thrive LDN Problem Sharing booth.

13:00 - 13:45 : Lunch & Learn - Daisy Charlton tells us about the the Lord Mayor's Appeal; This is Me, working with organisations from the City of London and across the UK to help #endthestigma around mental ill health. If you have a personal experience - please come along and share it!

14:00 - 15.30 : Managing Stress to be your best and resilience in the workplace - Alison Charles runs a mini workshop. Following her own experiences with mental health she shares her understanding and will discuss the difference between stress versus pressure and how to deal with it.

17:30 - 19:00 : Story Gym - Sharing stories is a key way to communicate and nurture relationships - it is also an opportunity for reflection and self-awareness. Join Dan and Jane of Narativ to practice the tools and techniques of story telling. Empower yourself both personally and within the workplace.

18:00 - 19:00 : Good Moves - Check-in with chess master Ian Grant for this fascinating session looking at strategy and game development.

18.30 - 19.30 : Street Gym - Its not only about physical fitness; firstly it's about improving your mental health. If you work in an office under artificial light all day it's highly beneficial to get outdoors in natural light. It's also about stimulating the mind; John Allison will take you on an urban adventure! (Meet at the Library)

19:00 – 20:30 : Culture Club - Sauerkraut! Learn how lactofermenting vegetables unlocks their flavour and boosts good gut bacteria. Preserving foods at home diversifies diet, reduces food waste and saves money. Bring empty jars! Workshop led by Sean Roy Parker.



Mental Fight Club