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Mental Health Awareness Week at Pecan | 12–16 May 2025

Venue: Pecan, 121a Peckham high Street SE15 5SE

This **Mental Health Awareness Week**, we're putting our clients and members' wellbeing at the heart of our **free events**. Shaped by the voices of our clients, members, and community partners — from foodbank conversations to local organisations reaching out — we've created a week of events that respond directly to the real mental health needs in our borough. **Together, we're opening up Pecan for support, connection, and understanding.**

MONDAY 12 MAY (MEN ONLY EVENT)

Pecan's Men's Wellbeing Awareness Day

During Mental Health Awareness Week, **Pecan Men's Wellbeing Awareness Day** aims to increase awareness of Southwark-based organisations that offer activities and support to men. For further information and to attend these men only events, please contact Vashti our Together Co-ordinator: together@pecan.org.uk

Pecan Men's Wellbeing Awareness Day | 12 May, 1 –3pm | Together at Pecan

Andy's Man Club, First Place Southwark & Future Men – a drop-in session will include a workshop and guest speaker. The aim of this event is to create a space where men's needs can be further understood and to provide participants with the knowledge, resources and care required to support and preserve their wellbeing.

Andy's Man Club, 7–9pm | Together at Pecan

Southwark Foodbank, Pecan and OCO Connect have joined together with male suicide prevention charity, Andy's Man Club to provide men in Peckham and the surrounding areas with a place to have a cup of tea and talk about any struggles they're experience and receive peer support.

TUESDAY 13 MAY

Healthy Eating, 10am-12noon | Tuesday 13 May | Together at Pecan

We're coming together to explore how to make tasty, healthy snacks on a budget – no kitchen needed, just basic cutlery and fresh ingredients that will be provided. The wonderful JB Rose will guide the session, making it welcoming, inclusive and full of good vibes. (Pecan Members only – Fully Booked)

WEDNESDAY 14 MAY (WOMEN ONLY EVENT)

Women's Service Self-Care Zoom, 2-2.40pm | Wednesday 14 May | Online

Self-Care is essential to good mental health and this gentle session led by Pecan's Wellbeing Lead, will include guided meditation and practical tips to support your wellbeing. To join the session, just email for the link: womenshubs@pecan.org.uk

THURSDAY 15 MAY

Guided Walk, 2pm | Thursday 15 May | Meeting point: Sydenham Woods

(2½ hrs walk, weather permitting)

Sam Taylor will lead the talk and walk about the wildlife found in the woods, pointing out different tree species, notable plants, birds we can hear. For further details and to sign up contact Vashti the Together Co-ordinator: together@pecan.org.uk

FRIDAY 16 MAY

Wellbeing with Guided Meditation, 12.30-3pm | Friday 16 May | Pecan

This is a wellbeing day for our clients and members, led by one of our partners. A light lunch will be provided prior to the event. For further information and to sign-up for this wellbeing session please contact Theresa our Partnership Manager: fundraising@pecan.org.uk

If you would like you to take part in future awareness days as a corporate organisation, then please contact Theresa our Partnership Manager: fundraising@pecan.org.uk

- For more information about each event, please contact the email address listed beneath the event description.
- All events are free and open to everyone unless it is men or women only events.
- Please note: the guided walk on Thursday 13 May is the only event not held at Pecan.
- Pecan's Together Hub is accessible to all.



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www.pecan.org.uk

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