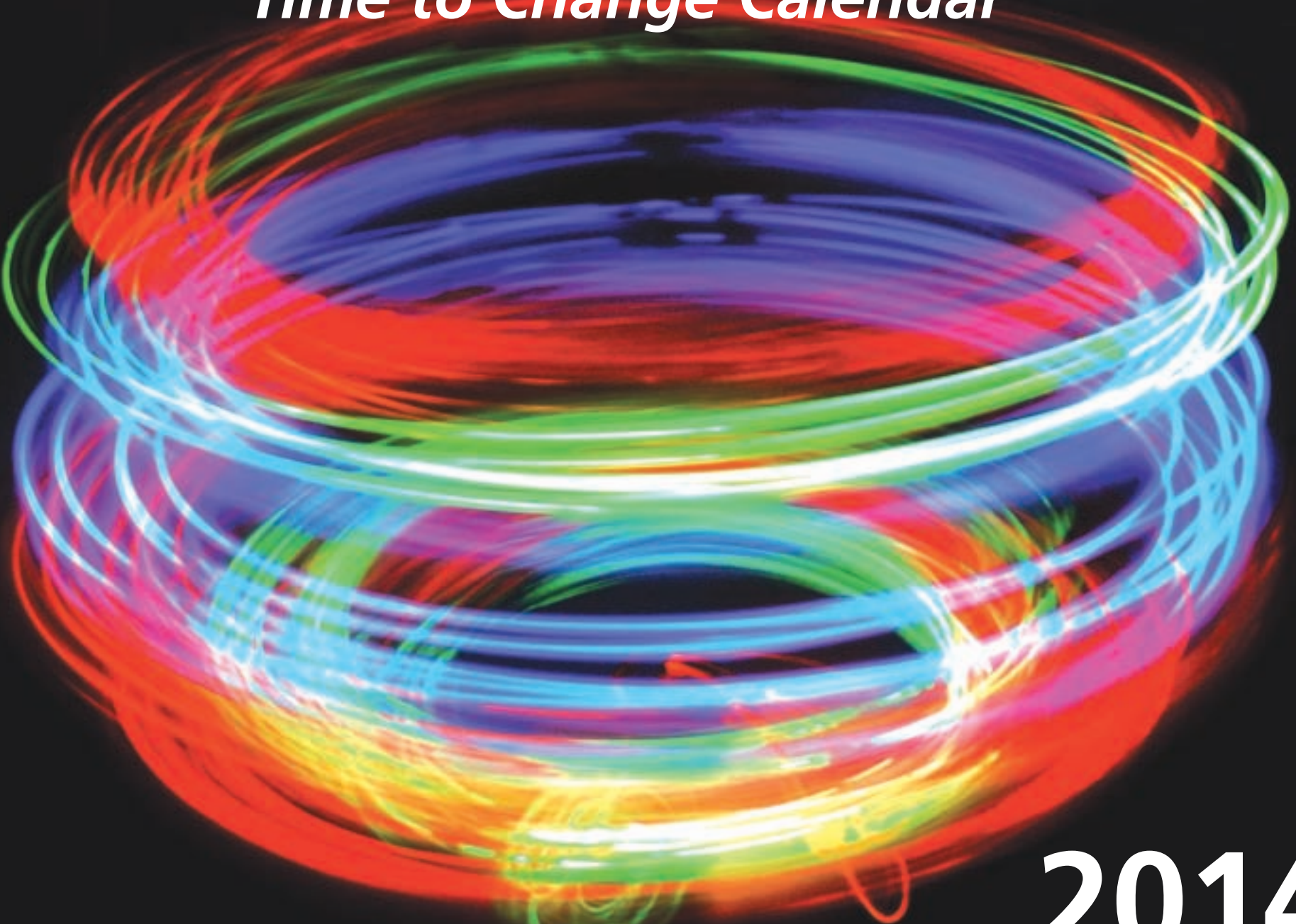


<div>September</div> <table><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr><tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr><tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr><tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr></table>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						M	T	W	T	F	S	S	<div>October</div> <table><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td><td></td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr><tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr><tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr></table>	1	2	3	4	5			6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			M	T	W	T	F	S	S	<div>November</div> <table><tr><td>1</td><td>2</td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr></table>	1	2						3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	M	T	W	T	F	S	S	<div>December</div> <table><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr><tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr><tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr><tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr></table>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					M	T	W	T	F	S	S							
1	2	3	4	5	6	7																																																																																																																																																																												
8	9	10	11	12	13	14																																																																																																																																																																												
15	16	17	18	19	20	21																																																																																																																																																																												
22	23	24	25	26	27	28																																																																																																																																																																												
29	30																																																																																																																																																																																	
M	T	W	T	F	S	S																																																																																																																																																																												
1	2	3	4	5																																																																																																																																																																														
6	7	8	9	10	11	12																																																																																																																																																																												
13	14	15	16	17	18	19																																																																																																																																																																												
20	21	22	23	24	25	26																																																																																																																																																																												
27	28	29	30	31																																																																																																																																																																														
M	T	W	T	F	S	S																																																																																																																																																																												
1	2																																																																																																																																																																																	
3	4	5	6	7	8	9																																																																																																																																																																												
10	11	12	13	14	15	16																																																																																																																																																																												
17	18	19	20	21	22	23																																																																																																																																																																												
24	25	26	27	28	29	30																																																																																																																																																																												
M	T	W	T	F	S	S																																																																																																																																																																												
1	2	3	4	5	6	7																																																																																																																																																																												
8	9	10	11	12	13	14																																																																																																																																																																												
15	16	17	18	19	20	21																																																																																																																																																																												
22	23	24	25	26	27	28																																																																																																																																																																												
29	30	31																																																																																																																																																																																
M	T	W	T	F	S	S																																																																																																																																																																												
<div>May</div> <table><tr><td>1</td><td>2</td><td>3</td><td>4</td><td></td><td></td><td></td></tr><tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr><tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr><tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr><tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr></table>	1	2	3	4				5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		M	T	W	T	F	S	S	<div>June</div> <table><tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr><tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr><tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr><tr><td>29</td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr></table>	30							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29							M	T	W	T	F	S	S	<div>July</div> <table><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td></td></tr><tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr><tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr><tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr><tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr></table>	1	2	3	4	5	6		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				M	T	W	T	F	S	S	<div>August</div> <table><tr><td>1</td><td>2</td><td>3</td><td></td><td></td><td></td><td></td></tr><tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr><tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr></table>	1	2	3					4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	M	T	W	T	F	S	S
1	2	3	4																																																																																																																																																																															
5	6	7	8	9	10	11																																																																																																																																																																												
12	13	14	15	16	17	18																																																																																																																																																																												
19	20	21	22	23	24	25																																																																																																																																																																												
26	27	28	29	30	31																																																																																																																																																																													
M	T	W	T	F	S	S																																																																																																																																																																												
30																																																																																																																																																																																		
1	2	3	4	5	6	7																																																																																																																																																																												
8	9	10	11	12	13	14																																																																																																																																																																												
15	16	17	18	19	20	21																																																																																																																																																																												
22	23	24	25	26	27	28																																																																																																																																																																												
29																																																																																																																																																																																		
M	T	W	T	F	S	S																																																																																																																																																																												
1	2	3	4	5	6																																																																																																																																																																													
7	8	9	10	11	12	13																																																																																																																																																																												
14	15	16	17	18	19	20																																																																																																																																																																												
21	22	23	24	25	26	27																																																																																																																																																																												
28	29	30	31																																																																																																																																																																															
M	T	W	T	F	S	S																																																																																																																																																																												
1	2	3																																																																																																																																																																																
4	5	6	7	8	9	10																																																																																																																																																																												
11	12	13	14	15	16	17																																																																																																																																																																												
18	19	20	21	22	23	24																																																																																																																																																																												
25	26	27	28	29	30	31																																																																																																																																																																												
M	T	W	T	F	S	S																																																																																																																																																																												
<div>January</div> <table><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td><td></td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr><tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr><tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr></table>	1	2	3	4	5			6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			M	T	W	T	F	S	S	<div>February</div> <table><tr><td>1</td><td>2</td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td></td><td></td></tr><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr></table>	1	2						3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28			M	T	W	T	F	S	S	<div>March</div> <table><tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>1</td><td>2</td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr></table>	31							1	2						3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	M	T	W	T	F	S	S	<div>April</div> <table><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td></td></tr><tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr><tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr><tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr><tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr></table>	1	2	3	4	5	6		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					M	T	W	T	F	S	S
1	2	3	4	5																																																																																																																																																																														
6	7	8	9	10	11	12																																																																																																																																																																												
13	14	15	16	17	18	19																																																																																																																																																																												
20	21	22	23	24	25	26																																																																																																																																																																												
27	28	29	30	31																																																																																																																																																																														
M	T	W	T	F	S	S																																																																																																																																																																												
1	2																																																																																																																																																																																	
3	4	5	6	7	8	9																																																																																																																																																																												
10	11	12	13	14	15	16																																																																																																																																																																												
17	18	19	20	21	22	23																																																																																																																																																																												
24	25	26	27	28																																																																																																																																																																														
M	T	W	T	F	S	S																																																																																																																																																																												
31																																																																																																																																																																																		
1	2																																																																																																																																																																																	
3	4	5	6	7	8	9																																																																																																																																																																												
10	11	12	13	14	15	16																																																																																																																																																																												
17	18	19	20	21	22	23																																																																																																																																																																												
24	25	26	27	28	29	30																																																																																																																																																																												
M	T	W	T	F	S	S																																																																																																																																																																												
1	2	3	4	5	6																																																																																																																																																																													
7	8	9	10	11	12	13																																																																																																																																																																												
14	15	16	17	18	19	20																																																																																																																																																																												
21	22	23	24	25	26	27																																																																																																																																																																												
28	29	30																																																																																																																																																																																
M	T	W	T	F	S	S																																																																																																																																																																												

World Mental Health Day

*Time to **Change** Calendar*



2014

This shot was taken by a member of Moving Forward during a Beginners Photography course that aims to teach people how to use different camera settings to achieve a desired effect.



January

January	
1 Wed	17 Fri
2 Thurs	18 Sat
3 Fri	19 Sun
4 Sat	20 Mon
5 Sun	21 Tues
6 Mon	22 Wed
7 Tues	23 Thurs
8 Wed	24 Fri
9 Thurs	25 Sat
10 Fri	26 Sun
11 Sat	27 Mon
12 Sun	28 Tues
13 Mon	29 Wed
14 Tues	30 Thurs
15 Wed	31 Fri
16 Thurs	



February

February	
1 Sat	17 Mon
2 Sun	18 Tues
3 Mon	19 Wed
4 Tues	20 Thurs
5 Wed	21 Fri
6 Thurs	22 Sat
7 Fri	23 Sun
8 Sat	24 Mon
9 Sun	25 Tues
10 Mon	26 Wed
11 Tues	27 Thurs
12 Wed	28 Fri
13 Thurs	
14 Fri	
15 Sat	
16 Sun	



March

March	
1 Sat	17 Mon
2 Sun	18 Tues
3 Mon	19 Wed
4 Tues	20 Thurs
5 Wed	21 Fri
6 Thurs	22 Sat
7 Fri	23 Sun
8 Sat	24 Mon
9 Sun	25 Tues
10 Mon	26 Wed
11 Tues	27 Thurs
12 Wed	28 Fri
13 Thurs	29 Sat
14 Fri	30 Sun
15 Sat	31 Mon
16 Sun	

April



April	
1 Tues	17 Thurs
2 Wed	18 Fri
3 Thurs	19 Sat
4 Fri	20 Sun
5 Sat	21 Mon
6 Sun	22 Tues
7 Mon	23 Wed
8 Tues	24 Thurs
9 Wed	25 Fri
10 Thurs	26 Sat
11 Fri	27 Sun
12 Sat	28 Mon
13 Sun	29 Tues
14 Mon	30 Wed
15 Tues	
16 Wed	

May



Regain what you have lost
Every day is a bonus
Challenges are challenged
Obscure really, that's how it feels
Voluntary appointments
Eventually things fall into place
Recovery, recover, recovering, recovered
Yes I have

Women's Health Week 12-18 May
Mental Health Awareness Week 12-18 May

May	
1 Thurs	17 Sat
2 Fri	18 Sun
3 Sat	19 Mon
4 Sun	20 Tues
5 Mon	21 Wed
6 Tues	22 Thurs
7 Wed	23 Fri
8 Thurs	24 Sat
9 Fri	25 Sun
10 Sat	26 Mon
11 Sun	27 Tues
12 Mon	28 Wed
13 Tues	29 Thurs
14 Wed	30 Fri
15 Thurs	31 Sat
16 Fri	



June

Men's Mental Health Week 10-16 June

June	
1 Sun	17 Tues
2 Mon	18 Wed
3 Tues	19 Thurs
4 Wed	20 Fri
5 Thurs	21 Sat
6 Fri	22 Sun
7 Sat	23 Mon
8 Sun	24 Tues
9 Mon	25 Wed
10 Tues	26 Thurs
11 Wed	27 Fri
12 Thurs	28 Sat
13 Fri	29 Sun
14 Sat	30 Mon
15 Sun	
16 Mon	



July

July	
1 Tues	17 Thurs
2 Wed	18 Fri
3 Thurs	19 Sat
4 Fri	20 Sun
5 Sat	21 Mon
6 Sun	22 Tues
7 Mon	23 Wed
8 Tues	24 Thurs
9 Wed	25 Fri
10 Thurs	26 Sat
11 Fri	27 Sun
12 Sat	28 Mon
13 Sun	29 Tues
14 Mon	30 Wed
15 Tues	31 Thurs
16 Wed	



This shot was taken by a member of the Moving Forward Photography group. The group focus is to visit various locations to practise and develop existing photography skills.

August

August	
1 Fri	17 Sun
2 Sat	18 Mon
3 Sun	19 Tues
4 Mon	20 Wed
5 Tues	21 Thurs
6 Wed	22 Fri
7 Thurs	23 Sat
8 Fri	24 Sun
9 Sat	25 Mon
10 Sun	26 Tues
11 Mon	27 Wed
12 Tues	28 Thurs
13 Wed	29 Fri
14 Thurs	30 Sat
15 Fri	31 Sun
16 Sat	

Don't judge me just because you can't
See my problem.
Don't judge me just because you can't
See my disability.
Don't judge me just because you
Can see me here.

Don't judge me just because you can't
Hear my problem
Don't judge me just because you can't
Hear my disability
Don't judge me just because you
Can hear me here.

Don't judge me just because I
Can't work sometimes
Don't judge me just because I
Can't go out sometimes
Don't judge me just because I
Can be me here.

I am not contagious. I am not
A virus.
I am not a bad person. I am
Not lazy.
I am a person. I am me!
But I have a mental health problem.
So don't judge me just because you can.



September

September	
1 Mon	17 Wed
2 Tues	18 Thurs
3 Wed	19 Fri
4 Thurs	20 Sat
5 Fri	21 Sun
6 Sat	22 Mon
7 Sun	23 Tues
8 Mon	24 Wed
9 Tues	25 Thurs
10 Wed	26 Fri
11 Thurs	27 Sat
12 Fri	28 Sun
13 Sat	29 Mon
14 Sun	30 Tues
15 Mon	
16 Tues	

October



October	
1 Wed	17 Fri
2 Thurs	18 Sat
3 Fri	19 Sun
4 Sat	20 Mon
5 Sun	21 Tues
6 Mon	22 Wed
7 Tues	23 Thurs
8 Wed	24 Fri
9 Thurs	25 Sat
10 Fri World Mental Health Day	26 Sun
11 Sat	27 Mon
12 Sun	28 Tues
13 Mon	29 Wed
14 Tues	30 Thurs
15 Wed	31 Fri
16 Thurs	



November

November	
1 Sat	17 Mon
2 Sun	18 Tues
3 Mon	19 Wed
4 Tues	20 Thurs
5 Wed	21 Fri
6 Thurs	22 Sat
7 Fri	23 Sun
8 Sat	24 Mon
9 Sun	25 Tues
10 Mon	26 Wed
11 Tues	27 Thurs
12 Wed	28 Fri
13 Thurs	29 Sat
14 Fri	30 Sun
15 Sat	
16 Sun	

December



December	
1 Mon	17 Wed
2 Tues	18 Thurs
3 Wed	19 Fri
4 Thurs	20 Sat
5 Fri	21 Sun
6 Sat	22 Mon
7 Sun	23 Tues
8 Mon	24 Wed
9 Tues	25 Thurs
10 Wed	26 Fri
11 Thurs	27 Sat
12 Fri	28 Sun
13 Sat	29 Mon
14 Sun	30 Tues
15 Mon	31 Wed
16 Tues	

World Mental Health Day Time to Change Calendar 2014

The calendar has been put together by groups from the North East Area to promote World Mental Health week.

Our aim is to build awareness, reduce risk of suicide and mental illness, and promote inclusion, social interaction, confidence and positive awareness.

For more information check out our web sites;

Altering Images of Mentality

Newcastle and North Tyneside.

Crisis skylight Newcastle.

Newcastle and Gateshead Art Studio. (NAGAS)

Tyneside Women's Health.

Whitley Bay Art Group.

Moving Forward Newcastle.

Linskill Centre, North Tyneside Art Studio.

Family Intervention Project: YHN Young People's Service.

Urgent Care Adult, Gateshead Intro Art Group, The Leas Art Group, NTW Club House.

Acute Day Services NTW, Tyne & Wear NHS Foundation Trust.