

SUNSET SUPPER AT THE TERRACE KICKS OFF MENTAL HEALTH WEEK



[Riverside Counselling Service](#) is highlighting the importance of looking after our wellbeing with events and activities to promote Mental Health Awareness Week which runs from the 9th -15th May and local businesses have rallied to support.

The week has begun with a £10,000 grant donation from The Williams Gray Foundation, a local charity launched by Cliff & Nicki Williams Gray with their two daughters Victoria and Georgina. Last year they arranged and hosted a music festival at their home in Russell's Water.

'Mental Health Awareness Week is a great opportunity for Riverside to raise awareness of mental health issues, the work of the charity and to raise much needed funds' said Amanda Collins, Fundraising Manager. 'With a fundraising target of over £120,000 this year we are delighted that the community is really supporting our efforts and we are incredibly grateful'

Events kick off with a '**Sunset Supper**' on **The Terrace at the Red Lion Lawn** on **Tuesday 10th May** where guests can enjoy freshly cooked paella from **Valencia Supper Club**, sangria from The Terrace bar, and live music courtesy of **Eight Ray Music**. 'The weather forecast for next week is looking warm and sunny so it will be a lovely evening on the Terrace next to the river. We are looking forward to welcoming new and existing supporters' said

Amanda. The evening is kindly being sponsored by **KJ Smiths Solicitor**. Book your tickets here for the [Riverside Sunset Supper at The Terrace](#)



Next **Fitness Space** and the **Henley Yoga Studio** are running classes through the week in aid of the charity. Activities include BoxFit, Zumba, Qi Qong and Thai Chai. 'The theme of Mental Health Awareness Week is loneliness. These classes give people the opportunities to come together with others and maybe try something new,' said Amanda. All proceeds from the classes will be donated to the charity. Places can be booked here [Fitness Space Henley Gym Team Events](#) or directly with Steve at The Henley Yoga Studio on 0770945416.



Lastly, **Hobbs of Henley** and **Fomo Mortgages** will be hosting **The Launch Party** on the New Orleans on 19th May. For a donation to the charity guests can enjoy a welcome drink of Hobbs Gin, canapes and live music from **Eight Ray Music**. Basically you choose what to pay. Tickets available through Eventbrite here [The Launch Party In Support of Riverside Counselling](#)



About Riverside Counselling Services

Hilary Arthur, the Director and Clinical Lead said: “Post pandemic we are seeing more people with an array of mental health disorders, particularly those effected by isolation and loneliness. The current economic climate and general uncertainty is likely to have a further impact on people’s mental health”

‘We know that counselling can change lives. During Mental Health week we want to raise awareness of our service so that those struggling with mental health difficulties know that we are here to support them but to continue to enable to make the service accessible we need the support of the community to help fund bursary places for those most in need.’

Riverside will also be helping to support the Ukrainian families and their hosts moving to the area with plans to offer counselling and a support group.

Riverside provides 1:1 counselling, a Drop In Service, support group and professional training. Their counsellors see over 150 clients a week supporting a range of mental health issues including depression and anxiety, relationship issues, loss, bereavement, and many other complex mental health conditions.

To find out more about Riverside visit their website
at www.riversidecounselling.co.uk
To support Mental Health Awareness Week please go
to <https://www.justgiving.com/riversidecounselling>