

MONTH OF HOPE

10 September - 10 October, 2026

Trafford, you're invited to change the narrative on suicide

By having open conversations about mental health, we can help support each other and prevent suicide. Organisations across Greater Manchester are joining together to raise awareness of mental health and suicide.



What's on in Trafford?

Erikfest

5 September, 1pm - 5pm, family fun day

The Garricks Head, Urmston

In memory and celebration of Erik Unsworth and all those we've lost to mental health struggles. Fun for all the family. Stalls, bouncy castle, face painter, raffle and lots more. Live music, 4pm till late (over 18s after 8pm).

Greater Manchester Bereavement Service 11 September, 10am - 12noon

House of Books & Friends, 81 King St, Manchester M2 4AH

Drop in coffee morning to learn more about suicide bereavement. Find out what support is available and connect with others. More info: www.greater-manchester-bereavementservice.org.uk

Walk of Hope

16 September, 1pm - 2pm

Starts at Gate 1, Lancashire Cricket Foundation, Talbot Road – finishing at Emirates Old Trafford. Participants will walk to Salford Quays and back, sharing stories, sparking conversations, and standing together against stigma. Afterwards, walkers can continue conversations over a free warm drink at Lancashire County Cricket Ground.

Broken Chords concert

3 October, Stretford Public Hall

A true story of life, love and learning to cope with life-changing loss. This will be an intimate gig-theatre by Stuart Wickes and Kirstie Pelling blending original songs, spoken word, dark humour and direct audience address. More info: www.brokenchords.art

If you, or someone you know, is experiencing a mental health crisis, call NHS 111 and select option 2 for 24/7 access to crisis mental health support.

Resources and support in Trafford: www.trafford.gov.uk/health-and-wellbeing/mental-health-and-suicide-prevention

Visit www.shiningalightonsuicide.org.uk for free online training to equip you with the skills and confidence to support someone experiencing suicidal thoughts.