

**FREE
EVENT**

WORLD MENTAL HEALTH DAY 2019

join us to explore

THE 5 WAYS TO WELLBEING

CONNECT

MEET AND GREET,
CHAT OVER TEA &
CAKE, GET FREE
INFO & ADVICE

BE ACTIVE

FUN FREE ACTIVITIES FOR
PEOPLE OF ALL AGES.
COME AND HAVE A
GO AT SOMETHING
NEW!

**10TH
OCTOBER**
12PM - 5PM

TAKE NOTICE

BE IN THE MOMENT....
BARBER AND MAKE-UP
ARTIST ON SITE OFFERING
FREE HAIRCUTS
AND BEAUTY
TREATMENTS

GIVE

INFORMATION ON
OPPORTUNITIES
AVAILABLE WITHIN
THE LOCAL
COMMUNITY

LEARN

EVERY DAY IS A
SCHOOL DAY, AND
OURS IS FUN! PICK
UP A NEW SKILL
FOR FREE

@ FAIRFIELD HALLS, CROYDON

*Pop-Up Shop running throughout the day
offering fantastic clothing at low prices!*

Pension
Protection
Fund

 **mind in Croydon**
for better mental health

Delivering
for Croydon | **CROYDON**
www.croydon.gov.uk



10TH OCTOBER IS WORLD MENTAL HEALTH DAY

Mental Health Problems are very common. It is estimated that we each have a 1 in 4 chance of experiencing a mental health problem at some time in our life.

1 in 6 of the adult population are experiencing symptoms of a mental health problem at any time. There has been a growth in the number of young people experiencing mental health problems.

Mind in Croydon has been providing services in Croydon for 50 years and each year supports many hundreds of people directly through the services it provides and also provides information and advice to many thousands more people.

Last year Mind in Croydon supported more people than ever before at a time when the financial support that it received to do this work reduced.

Our FREE community event will give you the opportunity to learn more about Mental Health Issues, ways of dealing with them and give you open confidential access to information on how you can support yourself or those around you that may be suffering from a Mental Health illness.

There will be lots of FUN activities on offer, so why not come along and treat yourself to a beauty treatment or haircut, speak to local fitness instructors about a new health regime or find out about volunteering opportunities local to you.

You can also check out the pop up shop offering low cost, high fashion items.

If you'd like more information on the event please contact Katrina Carney (Katrina.carney@ppf.co.uk) or Vanessa Stubbs (Vanessa.stubbs@ppf.co.uk) at the Pension Protection Fund.

join us to explore

THE 5 WAYS TO WELLBEING

10TH OCTOBER 2019

12PM-5PM,
FAIRFIELD HALLS, CROYDON

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for better mental health

WITH THANKS TO:

CROYDON FM
Community Radio. Music for You.



MAKE-UP BY SONYA ELLE DEE, INSTAGRAM @SONYA.ELLE.DEE