



Sheffield mental health day

Wellbeing Festival

Friday 29th July at Fargate, Sheffield City Centre, 10 a.m. – 4 p.m.

Activities will include



STALLS

Stalls representing health and wellbeing and mental health organisations. The stalls will be fun and interactive including games, quizzes and freebies, information on mental health services, community activities and self help resources.

ACTIVITY AREA

There will be an activity area for people to try out activities that can benefit both mental and physical health, such as boxercise, Zumba, parachute games and much more.

WALK A MILE

Walk a Mile for Wellbeing, organised by Get Walking Keep Walking: a one mile leisurely walk around the top city centre attractions! Walk starts at 1:30pm.

ENTERTAINMENT

We'll have stilt walkers from Swamp Circus, interactive stalls, music, poetry performances and fun for all the family.

FREE DEPRESSION AND ANXIETY CHECKS

Timetable for the day

10 am - 4 pm STALLS OPEN

11 am - 3 pm TASTER SESSIONS AND ACTIVITIES

1.00 pm SPEAKERS

1.30 pm WALK A MILE FOR WELLBEING

(registration from 10.30 at the Get Walking Keep Walking stall)

3.00 pm MUSIC AND POETRY

Sheffield Mental Health Week and World Mental Health Day will still be celebrated in October with a week of varied events promoting mental health and wellbeing.

For more information please contact Sara Hill on

0114 221 6174 or mentalhealthweek@sheffieldmind.co.uk

