



Sheffield mental health day Wellbeing Festival

Friday 26th 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 opportunities to try out activities that can benefit both mental and physical health, such as Zumba, parachute games, laughter yoga and much more.

WALK A MILE

Walk a Mile for Wellbeing; a one mile leisurely walk around the top city centre attractions! Walk starts at 12:30pm.

ENTERTAINMENT

We'll have stilt walkers from Swamp Circus, music, games, and fun for all the family.

FREE FACEPAINTING!

Timetable for the day

10 am - 4 pm STALLS OPEN

12.30 pm WALK A MILE FOR WELLBEING

11 am - 12 pm TASTER SESSIONS AND ACTIVITIES

1 pm - 3 pm TASTER SESSIONS AND ACTIVITIES

Noon SPEAKERS/OFFICIAL OPENING

3.00 pm MUSIC

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 438 0737 or mentalhealthweek@sheffieldmind.co.uk

