

North Tyneside World Mental Health Day 2018
 Cullercoats Crescent Club, NE30 4PN (on the sea front)
 Friday 12th October, 11.30 - 5pm

11.30 - 12.15	Information stalls, tea and coffee, creative activity (proggy mats, painting and more), DJ (11.30-12.00) Jukebox (12-12.45),
12.15 – 13.15	Buffet Lunch
12.45 – 13.30	Keytones live music
13.30 – 15.00	Welcome Mental health themed human bingo First raffle draw Laughter workshop Second raffle draw Matt Fairclough - “My Journey” Assertiveness (North Tyneside Talking Therapies Caring for ourselves and others (North Tyneside Carers’ Centre) Final Raffle Draw
15.00 - 17.00	Painting Supporting Stars fishing game Proggy Mats Flower Arranging Information Stalls Juke Box