

**North Tyneside World Mental Health Day 2021**

# **ENJOY A MINDFUL WALK**

**You choose where and when  
Take some photos and .....**

# **ENTER A COMPETITION!**

**Prize competition – Closing Date Fri 29<sup>th</sup> Oct**

**A chance for your photo to be featured in the  
AIM Arts Calendar 2022 – Closing Date 21<sup>st</sup> Nov**

**Send photos for both competitions to**

**[info@aimmentalhealth.org.uk](mailto:info@aimmentalhealth.org.uk)**

**For entry forms and rules visit**

**[www.aimmentalhealth.org.uk](http://www.aimmentalhealth.org.uk)**

**For further info contact:**

**Mish Loraine [launchpadnt@gmail.com](mailto:launchpadnt@gmail.com)**