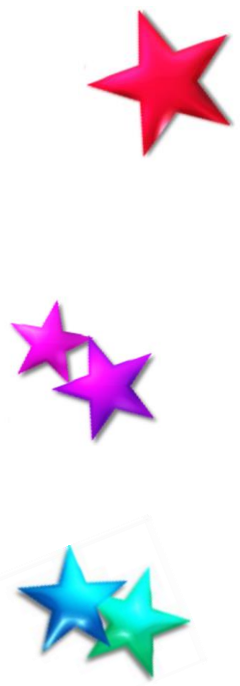
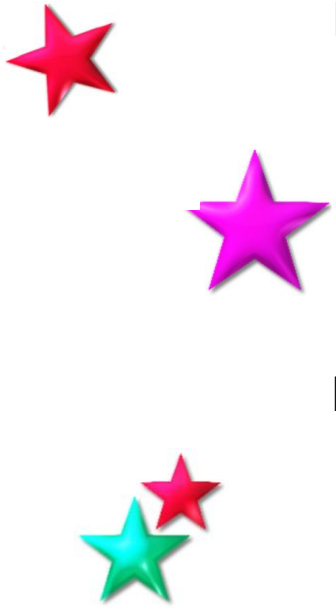






# Programme



Mish Loraine opens the event at 11am  
Survivor Story - Steve O'Driscoll  
Choir – From Key Enterprises  
Activity stalls open  
Buffet opens  
Live Music - Keytones  
Activity stalls close  
Mindfulness session - Lyndsey Wood  
Raffle is drawn  
Survivor Story - Fiona Tasker  
Comedian - John Scott  
Event closes at 3pm

Check out the activities around the room

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- \* Information Table – info about services in North Tyneside
  - \* Mental Health juke box – Chose a tune that is meaningful for your mental health. If you want, you can tell us why it's important to you.
  - \* Supporting Stars, Inspirational Hearts – Make a heart decoration that inspires you every day.
  - \* Phoenix Detached Youth Project – Kindness Rocks, paint a rock, you can leave it in a place for someone else to find and enjoy.
  - \* Speak Truth to Power – A letter writing project where you can tell politicians your thoughts and experiences about mental health.
  - \* Voda - Grow your Own
  - \* Tell us - What do you think about the event today? Write your thoughts on post it notes and pop them on the sheets on the wall.
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