

CONNECT 5

Find out what your local community can do to support your mental health and wellbeing at this partnership event that includes a wide range of organisations

Date & Location:

24th September, 2-7pm, Chesterfield College, Infirmary Road

From creative arts to looking at your diet, try a wide range of **FREE** workshops, performances and activities to enhance your mental health and wellbeing!

To Attend:

- Join the event via Facebook on the ChesterfieldCollegeOfficial page
- Reserve your place before 17th September by contacting **Shirley Barrass 01332623831** or email shirley.barrass@derbyshcft.nhs.uk
- Or simply join us on the day

Organised in partnership with Chesterfield College, Derbyshire Healthcare NHS Foundation Trust, Derbyshire County Council, NDVA, Chesterfield Borough Council, Derbyshire Community Health Services NHS FT Trust, Rethink, plus many other local partners involved in the day.



Come and explore the five ways to wellbeing