



**** For immediate release ****

PRESS RELEASE

TIME TO CHANGE: GET MOVING EVENT – WEDNESDAY 13TH OCTOBER 2010

Mind and Rethink have collaborated to host a Get Moving event, on Wednesday 13th October 2010 at the Chorley and South Ribble Mind Wellbeing and Recovery Centre, on Stump Lane, off Eaves Lane, Chorley.

The Get Moving events are part of the national Time to Change programme, England's largest and most ambitious programme to end mental health discrimination. The campaign is run by leading mental health charities Mind and Rethink, and backed by £20 million from the Big Lottery Fund and Comic Relief.

Get Moving is a great way to overcome the stigma around mental health and promote better wellbeing, by getting active together! It's about socializing and getting to know one another on an equal basis, so that attitudes and prejudices about mental health are challenged.

We know that face to face contact with someone who has experienced a mental health problem, who can talk openly and confidently about it, is key to transforming our understanding and attitudes around mental health. It is a critical step to make mental health less of a taboo – much like cancer was thirty years ago.

Get Moving in Chorley will be a full day of fun activity starting with a group walk. Setting off from the Mind Centre on Stump Lane, Chorley at 9.30am, taking in a scenic route along the canal to Fredericks Ice Cream Parlour. All walkers will receive a Goody Bag and a free ice cream! Spaces are limited so please register by **Friday 17th September 2010**.

The walk will return to the Chorley South Ribble & Blackburn Mind Ltd Wellbeing and Recovery Centre by midday for a Lancashire Hot Pot/Chilli lunch. An afternoon of fun and activity kicks off at 1 pm. Join in with the garden games, and live music; make the Wishing Tree flourish, have a Doodle on the Board, and get information on practical tips and advice on looking after your mental wellbeing.



See overleaf for editor notes:

Note to editors:

For further details of the event in this notice please contact:

Beverley Figaji or **Kelly Colton** on 01257 260714

Or email: beverleyfigaji@csrmind.org.uk / admin@csrmind.org.uk

Chorley, South Ribble & Blackburn Mind is affiliated to Mind, the leading mental health charity in England and Wales. Founded in 1986, it provides support, advice, housing care and information services for people experiencing mental distress in the Lancashire area.

Please visit our website at: www.csrmind.org.uk

Time to Change is the leading mental health charity's national annual awareness campaign event. This year the campaign is Get Moving: Ending discrimination.

For press enquiries on the events, contact **Mark Lunney** on 01257 231660.

For information on the national strategy, please contact the Mind Media Office on 020 8522 1743/ media@mind.org.uk

Did you know.....

1 in 6 workers experience depression, anxiety and stress each year

Staff turnover costs as a result of poor mental health well being is £2.4bn

70 Million Work days are lost every year due to mental illness

Over 2,000 people admitted to mental health hospitals each Week.



[http:// www.csrmind.org.uk](http://www.csrmind.org.uk)

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