

2021

# Mental Elf

Join us as a stallholder at our marketplace.

Mental Elf is back and this year we are back to a face to face event!

We can't wait to welcome everyone to Witton Park on Sunday 5th December for a day of festive fun raising funds and awareness for better mental health for all in Lancashire!

To find out more or book your stall space contact [emmabateson@lancashiremind.org.uk](mailto:emmabateson@lancashiremind.org.uk) before 30th September 2021. Spaces are limited so please contact early to avoid disappointment.

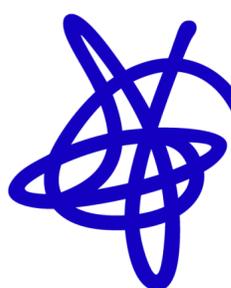


Our indoor festive marketplace is the hub of the event, which attracts hundreds of people, and popular with participants and supporters alike.

Stall holders will have their own allocated space with a table provided.

The market will be open from 10am-2pm.

Stalls cost just £25

 **Mind**  
Lancashire

## Who are we and how we help

Lancashire Mind's vision is Mental Wellbeing for All

We're an independent charity, based in Chorley and working for the people of Lancashire. Our committed and energetic team of staff, trustees and volunteers are passionate about making a difference to the mental health of people living and working in Lancashire.

We aim to increase awareness and understanding of mental health and wellbeing across Lancashire. We work with all ages to help people build resilience and understand how to look after their mental health. We offer support to people who are facing barriers to achieving mental wellbeing and help people experiencing a mental health condition to get back on track.

CYP Projects Team: support children and young people to understand their mental health and build resilience

Community Development Team: work with communities to improve mental wellbeing and reduce discrimination

Tenancy Management: provide a stable home and support people to move towards independent living

Training & Workplaces; provide a range of interventions to increase knowledge and understanding of mental health

Wellbeing Coaching: support people to address barriers to mental wellbeing and develop self-care strategies

