



Human Kindness
for **Open Mindness**



mind | Coastal
for better mental health West Sussex

Join us to celebrate Mental Health Awareness Week

All day creative
wellness activities

Make your own pick
'n mix well-being box

Design your own
mental health super
powers cards
Pokémon style

Lots of free self-care
gifts

Chance to win a six-
month gym membership

**Tuesday 14
May**

10.30am-5pm

Drop in
any time

or
stay for the day!

1pm-2.30pm

2pm-3pm

3pm-4pm

1pm-2pm

3pm-4pm

**Try out cheerleading with
Natalie**

Play badminton / table tennis

Yoga with Liz

Singing Circles with Anna

**Free children's roller blading
session**

Junior gym induction sessions
(two sessions for 12 children in
each session book in advance)

(sign up required before roller
blading and gym sessions)

**Face
painting**

Find out more about
support in Midhurst and
Chichester with our **Rural
Minds Matter Bus** and
information stall

**3pm-5pm Enjoy a free cream tea and
refreshments with musical
entertainment**



everyone
ACTIVE

The Grange Community and Leisure
Centre,
Bepton Rd, Midhurst GU29 9HD