



World Mental Health Day 2021

Mind North West Hub Mental Health, Sport & Physical Activity Network walks are taking place on the same day, at the same time across the North West.

Walking and talking has many benefits for our physical and mental wellbeing. It helps us get "unstuck" when confronting difficult issues. It spurs creative, deeper ways of thinking often released by mood-improving physical activity.

**TAKE A WALK,
HAVE A CHAT &
WEAR SOMETHING GREEN.**

for World Mental Health Day 2021

NORTHWICH - MACCLESFIELD - CREWE

Friday 8th October - 12:15-12:45



I hope you are well.

As you may already know, World Mental Health Day 2021 takes place on Sunday 10 October. This year, Active Cheshire are working in collaboration with Mind North West Hub Mental Health, Sport & Physical Activity Network to invite you to take part in short

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walks for mental health, taking place on Friday 8th October, at the same time across the North West.

We want to raise the profile of physical activity and its links with better mental health as we know how much it affects people, from those severely affected by mental illness, to those whose mental health has worsened during the coronavirus crisis.

Forward Together, is the theme for 2021 and we want you to walk forward with us. Walking and talking has many benefits for our physical and mental wellbeing. By organising a walking get together, we want to give all a non-judgemental space to talk about mental health if they want to.

Meet at 12:00 and start walking at 12:15 for 30/45 minutes. Longer if people are available/able to do so.

Venues:

Northwich - Anderton Boat Lift carpark (CW9 6FW)

Macclesfield - West Park SK10 3BJ meet at the coffee shop

Crewe - Queen's park CW2 7SJ meet at the coffee shop

The walks are free to join but we ask all participants to please register so that we can ensure safety during the walk. To register please complete this short form.

For any information, please contact support@activecheshire.org

Finally, we would really appreciate it you could share this information to anyone who may benefit from taking part. Even better if you can join us for a catch up.

Many thanks for your support.

The Active Cheshire Team

[World Mental Health Day 2021 - Walk, talk and Wear Green with Active Cheshire \(mailchi.mp\)](#)

[REGISTER HERE](#)

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