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South Tyneside **NHS**
NHS Foundation Trust

October 3rd, 2014

Food for thought for World Mental Health Day

Recipes for happiness will be on the menu at an event in Sunderland City Library, Fawcett Street, to celebrate World Mental Health Day.

South Tyneside NHS Foundation Trust's Community Child and Adolescent Mental Health team is organising a free fun session, aimed primarily at young people and families, on Saturday, October 11th, from 10am to 3pm, the day after World Mental Health Day.

The theme will be food and healthy eating and there will be an opportunity to take part in various activities, involving food tasting and art. Advice will also be available on 'Five a day for health and happiness' – introducing small actions in daily life to make you feel good, which is an important part of being healthy. There is no need to book, simply drop in.

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Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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