

WORLD MENTAL HEALTH AWARENESS DAY - IN PARTNERSHIP  
WITH THE CRAVEN COMMUNITY LEARNING PARTNERSHIP

# SELF-CARE MARKETPLACE

10 OCTOBER 2019, 1PM – 4PM



SKIPTON WELLBEING CAFE  
ST ANDREWS CHURCH, NEWMARKET STREET, SKIPTON

Come along to this FREE event to learn more and have a go at activities focussed around looking after your own mental health.

Self-help Books

Tea Tasting

Cosmetics

Textiles/Craft Activity

Musical Sessions  
using Maori Sticks

Cooking Demonstration  
& Tasters

Art

Wellbeing Bags

Adult Colouring

Knitting &  
Jigsaws

The Wellbeing Café will be open for refreshments. No need to book – just come along.

The following organisations will be available for you to gather more information:

North Yorkshire Library Service | Yorkshire MESMAC | Adult Learning & Skills |  
North Yorkshire Horizons (Drug & Alcohol Services) | Yorkshire Housing | Vital | Mind |  
Dyneley House Surgery – Social Prescriber | Craven College | Job Centre Plus |  
Pioneer Projects (Creative Arts & Wellbeing) | My Wellbeing College | Cellar Trust