

Get involved with CoolTan Arts Largactyl Shuffle walks

Celebrate World Mental Health Day and join their sponsored walk.

World Mental Health Day Sponsored Walk

World Mental Health Day is a unified effort to promote greater public awareness and understanding of mental health and mental illness.

Join CoolTan Arts' BIG Largactyl Shuffle Sponsored Walk from Maudsley Hospital to Tate Modern on 15 October 2011. Discover the history of mental health within the NHS - from cradle to grave - since 1948. There will be breaks, poetry readings and other surprises along the route. The walk finishes with a reception and refreshments at Tate Modern.

Celebrate creativity, challenge stigma and help CoolTan Arts raise money so we can continue supporting people with disabilities and offer innovative programmes and events for the local community.

Anyone is welcome to join the walk, you don't have to be fit, and CoolTan Arts' friendly walk stewards will be there to support you. The walk is 4.8 miles long and is fully accessible for people with disabilities and wheelchair users. In previous years, the walk attracted over 70 people from all backgrounds, disabled and non

disabled people, young and old.

CoolTan Arts are also looking for volunteers to join the Largactyl Shuffle group, research mental health history and prepare talks for the walk, become walk leaders and stewards, help with publicity and outreach before the walk and general administration.

Get involved, have fun, challenge stigma and make a difference to mental health.

Meet outside the main entrance of the Maudsley Hospital, Denmark Hill, SE5 8AZ at 11:30 a.m. on Saturday, 15 October 2011 and CoolTan Arts will take you on the 'Largactyl Shuffle Trail' from Camberwell to the River.

To register, you need to complete and return a registration form along with a registration fee of £5 unwaged and £10 waged (non-refundable).

Contact CoolTan Arts today on 020 7701 2696 or email info@cooltanarts.org.uk for a registration form. Visit www.cooltanarts.org.uk for more information about CoolTan Arts.

Sponsor our walkers on justgiving.com/cooltanartssponsoredwalk2011.



"I met a lot of new people on the walk and found out a lot of new things about my local area and mental health history. I had a jolly good time."

Largactyl Shuffle walker