

Sponsored Walk Saturday 15th September



My name is Kerri Jones. I have organised a sponsored walk to help raise funds for the Wellbeing Project, which promotes positive mental health through awareness raising activities and volunteering opportunities. The project takes on volunteers who can give their time however they wish, focusing on helping other people in the community. Not only do I want to raise awareness of mental illness to reduce the stigma attached to it; I also want to raise awareness of the project and how it could help you or somebody you know. A sponsored walk not only helps to raise vital funds for this project, but also helps to raise awareness, and educate people. The walk is to be held on 15th September, which is close to National Suicide Prevention Day (10th September). Hopefully, linking the walk in with this important day will also help to raise awareness of suicide and suicide prevention.

If you have any questions regarding the Wellbeing project, you can check out their website (address below) and if you have any questions regarding the walk, feel free to send me an email (see below).

Thank you for supporting me and helping me to raise funds and awareness of the Wellbeing Project.

[Kerri Joneskerri86@googlemail.com](mailto:KerriJoneskerri86@googlemail.com)

www.wellbeingproject.co.uk

