

#runandtalk

Tadcaster Harriers

Tadcaster Harriers are pleased to be supporting #runandtalk, an England Athletics initiative for World Mental Health day. The event aims to improve mental wellbeing through running, and to break down the stigma associated with mental health by getting people talking about it.

The group is for anyone! Whether you are affected yourself/ family or friends are/ or even if you're just passionate about improving mental wellbeing through running.

Venue; Tadcaster Magnets, Sports and Social Club, Queens Gardens, Tadcaster, LS24 9HD

On; Wednesday 11th October

At; 18:45 for a warm up, please arrive ready to run/walk/jog.

Minimum age; 18

There will be one run which will be approximately 2 miles and another which will be approximately 5 miles. There will be one mental health ambassador present in each group.

Afterwards, people are welcome to meet for a drink at the Venue.

For more information please email either;

Sophie Overfield at soverfield123@gmail.com

Or

Amanda Apperley at manda_apperley@hotmail.com

Both are Tadcaster Harriers volunteer England Athletics Mental Health Ambassadors.

 RunTogether



working with

 mind
for better mental health