



*Some of our Singlewell families have collaborated to create this wonderful event to promote the importance of looking after our mental health. All our welcome to come along so please join them in showing your support for such a worthwhile cause while getting your steps in!
Details are all shown below.*

Mrs Catt

Please help support us and in our 10k Walk n Talk on Sat 23rd Nov @ 10:30 starting at Oakfield health Centre, Windsor Road, DA12 5BW.

Everyone is welcome and we'd love the local community support !!
Even to cheer us on, share the link, any support is appreciated.

We are asking ALL patients, family, friends and pets 🐾 to come and walk with us, talk with us, even simply stand and support us to raise funds and awareness for MENTAL HEALTH

If you can do 1k, 5k or even the full 10k it all helps 🙌

We have come together with 'Bals Wish' and 'Share the Weight' to help raise awareness and vital funds for Samaritans by walking 10k/ 13,000 steps.

PLEASE WEAR SOMETHING, ANYTHING YELLOW! 🟡

✓ Simply register your place on eventbrite:

<https://www.eventbrite.co.uk/e/oakfields-10k-walk-n-talk-tickets-1060413448169?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>

✓ Please donate and share the link:

https://www.justgiving.com/page/oakfield-health-centre-1730041895893?utm_term=b6JvmVyR6

The planned route distance is 10k but you can tailor this walk to suit your ability as any support is very much appreciated.

📍 We will be walking from Oakfield, along the cycle path past the cyclopark, along to Spring River in Ebbsfleet (5k) where we will stop for a refreshment break and then head back to Oakfield completing the 10k walk.

Oakfield would like to bring all their patients, their staff and the local community together to raise awareness and encourage people to openly talk about their mental health to help reduce the misconceptions and stigma, and also to encourage those who are suffering to seek help 🙏

To read more about 'Bal's Wish' and 'Share the weight' see below:

<https://www.instagram.com/bals.wish?igsh=MW13cHR2ajh1M2JpNw==>

<https://www.instagram.com/sharetheweight247?igsh=MWViZHlkeTRxN29y>

Why take part?

- * It's well-known that exercise outside can help to reduce anxiety and boost your wellbeing 🧘♀
- * It's a positive start to the day - a chance to be part of an event that's bringing everyone together!
- * It's a great way to 'share the weight' walk in remembrance for a loved one, a friend, a colleague and raise awareness of mental health 🙏

Thank you for all your support

<https://www.samaritans.org>