

# Mental Health & Happiness Celebration

Trinity Centre, Gateshead High St  
Saturday 8th October  
11.00-3.00

**FREE**

+music+magic+drama+dance

## Programme (subject to change)

11.00 Opening by Ian Mearns MP

11.10 The Lawnmowers Percussion

11.30 Over the Edge

12.10 Drama

12.30 Buffet Lunch

1.00 Poetry

1.15 Dholki drumming

1.45 Positive Notes choir

2.15 Over the Edge

2.50 Closing remarks and Raffle Draw

Also; Flash the Magician, Face Painting, Digital Photo Workshops, Henna Art, Massage, Health Checks, Information Stalls, Art, Tea & Coffee