



## Aberdeenshire Wellbeing Festival 2022

The Aberdeenshire Wellbeing Festival is an annual event which seeks to bring together community activity and events which promote and support mental health and wellbeing. This year will mark the 7<sup>th</sup> year of the Festival and, with the theme Loneliness, will provide an opportunity to highlight the Aberdeenshire Mind yer Mind campaign and the internationally recognised 5 steps to mental wellbeing. The Festival programme will run over the week of 9<sup>th</sup> to 15<sup>th</sup> May and will bring together a combination of both indoor (covid compliant), outdoor and virtual events

The Festival is coordinated each year by the Aberdeenshire Public Health Department along with other partners. The co-ordinating team support event organisers with the promotion of their service/event through the Festival programme and social media sites. Organisers can use the opportunity to promote existing services or to kick-start new community opportunities in line with the aim of the Festival. All that we ask if submitting an event is that it is free to attend and that your event promotes the theme and values of the Festival, you support the promotion of your event through your own channels and you agree to take part in an evaluation of your event and the Festival. Examples of previous events include meditation sessions, community walks, community craft sessions and yoga.

If there is a cost to running your event or you would like some financial support to do something special we suggest you consider making an application to Aberdeenshire Voluntary Action who have funding from the Scottish Government to support community mental health activity, see link below.

[Communities Mental Health and Wellbeing Fund \(avashire.org.uk\)](http://avashire.org.uk)

If you would like to apply to run an event please use the attached submission form and return to [gram.centralpublichealth@nhs.scot](mailto:gram.centralpublichealth@nhs.scot) by Monday the 21<sup>st</sup> of March. For further information contact any of the following

Emma Dobson – South: [emma.dobson2@nhs.scot](mailto:emma.dobson2@nhs.scot) 07557203578

Shirley Buchan – Central: [shirley.buchan@nhs.scot](mailto:shirley.buchan@nhs.scot) 07788302138

Jacqui Gray – North: [Jacqueline.gray4@nhs.scot](mailto:Jacqueline.gray4@nhs.scot)

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