



WHO TO BRING ALONG:

**Children, young people,
parents and families are
welcome.**

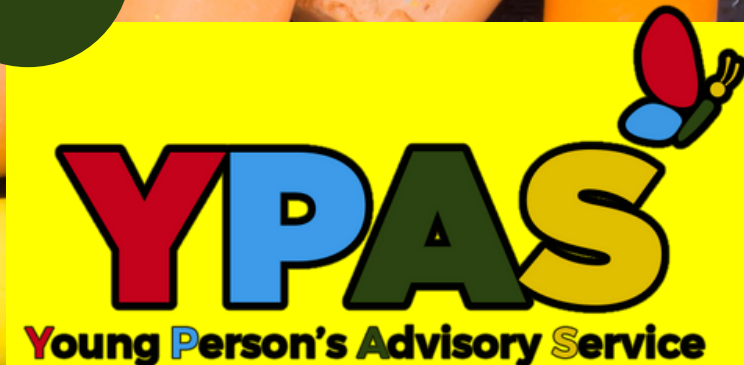
**Any further questions or
information please contact
jade.foreman@ypas.org.uk**

COME JOIN US!

**This will be taking place at
our North hub on Croxdale
Road West, L14 8YA**

**SUNDAY 9TH OCTOBER
2-4PM
(ANYONE CAN ATTEND)**

**MONDAY 10TH OCTOBER
10AM-12PM
(INVITE ONLY)**



**24 Hours
Moving
for
Mental Health**

What to expect...

There will be a range of activities ran by YPAS staff plus:

- Drinks
- Food
- Snacks
- Fruit truck
- Chocolate fountain
- Tea and coffee
- Juice and water

To find our more information about our community hub rebuild and to donate to the appeal please scan the QR code below:



Come and support our runners



We are hoping to raise as much money as possible for a rebuild of our city centre community hub.

For this event, YPAS staff will be running non-stop for 24 hours in our North Community Hub

JOIN US AT:

**YPAS North hub
Croxdale Road West
L14 8YA**

0151-707-1025

Activities

**Sunday 9th October 2022
2-4pm (Just turn up)**

- Face paintig
- Wellbeing walk
- Arts and crafts
- Dance and music

**Monday 10th October 2022
(Invite only)**

- 24 meditation breaths
- 24 well done messages to runners
- Catch apples out of water bucket
- Penalty shootout

