

Healthy Minds

For Chorley residents

manage stress
play music
drink water
sleep well

We work with many services who offer help and support to Chorley residents to **maintain a healthy mind.**

socialise

chorley.gov.uk

read

learn something new



Scan QR
code for more info

quality family
time

Take a
walk

Join us for a week of pop-up events focused on
mental health and wellbeing across Chorley.
Free and open to all.

Healthy Minds Event

4pm to 8pm, Wednesday 10 September
Chorley Town Hall (The Lancastrian)

Guest speakers for this event include:

Dani Taylor-Gibbons - Ex Professional Footballer and Brain Tumour survivor

Paul Clarkson - Therapist & Andys Man Club Volunteer

Ibby - Chorley resident & Social Prescribing Customer

Beck House - Founder/Director of S.I.S - STRENGTH IN STRUGGLES

Pop up Healthy Minds events

Date: Saturday 6 September Location: Chorley FC Time: Gates open 1.30pm and kick off at 3pm (for people with a match ticket only)	Attending - Chorley Council, Andy's Man Club, Chorley FC Community Foundation and the PHIL (Promoting Health in Lancashire) bus (Community Pharmacists providing free blood pressure & pulse checks)
Date: Monday 8 September Location: ASC Timber Time: 11am to 1pm	Attending - Chorley Council Open to the public
Date: Tuesday 9 September Location: Chorley Market Time: 11am to 1pm	Attending - Chorley Council, Chorley Women's Centre Open to the public
Date: Thursday 11 September Location: Clayton Green Sports Centre Time: 11am to 1pm Location: All Season's Leisure Centre Time: 11am to 1pm	Attending - Chorley Council Open to the public Chorley Council Open to the public
Date: Friday 12 September Location: Asda, Bolton Street Time: 11am to 1pm Location: Duxbury Park Golf Course Time: 2pm to 4pm	Attending - Chorley Council Open to the public Chorley Council Open to the public