

# Time to Change Champions Fund Information Session

12th February 2019, 5-6pm

Kidderminster Library, Market Street, Kidderminster,  
DY10 1AB



With Time to Talk day on 7<sup>th</sup> February, there's no better time to think about becoming a Time to Change champion...

- Are you interested in challenging mental health stigma and discrimination?
- Are you 18 or over, and live in Worcestershire?
- Do you have personal experience of a mental health problem?

If you answer yes to the above questions, please come along to the information session.

Time to Change Champions are a movement of people across the country changing the way we all think and act about mental health by sharing their own experiences and encouraging conversations about mental health

Champions run activities, get involved at events, speak out about mental health, tell their story online or in the media and much more! Being a champion is a flexible and voluntary commitment. You can do what you have time for, and what you're comfortable doing.



## **Champions Fund**

**Funding of up to £500 is available for champions to use to run anti-stigma activity which sparks conversations about mental health. The activity can be as inventive as you like or part of a larger event e.g. stalls in shopping centres, pub quiz's, sports, art and craft activities, dog walks.**

The informal information session lasts no more than one hour, and is a great opportunity to find out more about Time to Change Champions, Champions funding, Campaign groups and local activity. There is no obligation to sign up as a champion so please come along and join us.

Room space is limited so please contact Laura Hart [lhart2@worcestershire.gov.uk](mailto:lhart2@worcestershire.gov.uk) (01905 844696) if you would like to attend or to ask any questions.

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

[www.comfirst.org.uk/worcestershire](http://www.comfirst.org.uk/worcestershire) [time to change1](http://time-to-change1)

