

## #runandtalk Event Information

### What is it about?

During the week of 8<sup>th</sup>-14<sup>th</sup> October 2016 England Athletics, supported by Mind the mental health charity, are encouraging people to #runandtalk to improve their mental wellbeing through running and to break down the stigma associated with mental health by getting people talking about it.

### How does it work?

- 1) Sign up on Facebook [here](https://www.facebook.com/events/1389366867746707/)  
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- 2) Tag other people to tell them about it and encourage them to run.
- 3) Run one mile or further during the 8<sup>th</sup>-14<sup>th</sup> October (where possible on Monday 10<sup>th</sup> October which is World Mental Health Day) either with friends, family or colleagues at a time and location of your choice or by joining one of the organised runs at an England Athletics club or RunTogether group listed on the Facebook event page.
- 4) If you want to, wear a 'Reason Card' to show why, who or what you're running for (for example 'anxiety', 'my Mum', 'to break down stigma' etc), available to download and print from the event page. **This is optional.**
- 5) If you want to, upload a photograph to social media and the event page using a '#runandtalk board' at the end of your run to show people you've taken part (add the name of the club/group, organisation or family you are running with if you want). Available to download and print from the event page. **This is optional.**
- 6) Talk about it on social media using #runandtalk.

### What counts as a run?

One mile or further, you choose the distance and location that suits you. You don't have to run the whole way, walking and jogging is allowed!

### Organised runs

Organised runs are planned by England Athletics affiliated clubs and RunTogether Groups. They are led by a UKA qualified leader or coach and finish with a social element so you can go for a drink or something similar afterwards. Anyone of any running ability can join a run even if you've never run before and are not a member of that club or group.

### Mental Health Ambassadors

Some runs will have one of our volunteer Mental Health Ambassadors present (marked on the list of runs). All our friendly ambassadors have lived experience of mental health problems themselves or through close family or friends and are passionate about improving mental wellbeing through running.

### **Who can take part?**

Anyone can take part. Organised runs will however have a minimum age so check the information for the run you wish to join.

### **Do I have to have a mental health problem to take part?**

No, anyone can take part. 1 in 4 of us experience mental health problems each year and running can help everyone's mental wellbeing. We can all play a part in breaking down the stigma attached to mental health

### **How can you get involved and when?**

- Share this event information with local partners and organisations **from 6<sup>th</sup> September.**
- Register a run **from 6<sup>th</sup> September-** (England Athletics affiliated clubs and RunTogether groups only). This can be a regular club/group run or you can organise a specific one. Other people can organise their own runs (a group of friends, colleagues, family members etc) they just won't be listed on the event page list of organised runs for the general public to join. For more information see the #runandtalk Organised Run Information.
- Share information about #runandtalk on social media to encourage people to take part **from 23<sup>rd</sup> September.**
- Sign up to the Facebook event group page and tag others to encourage them to take part **from 23<sup>rd</sup> September.**