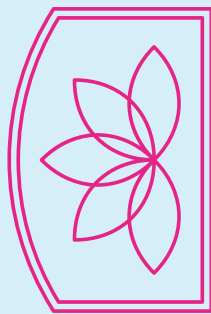


hayle health and wellbeing festival

with Community Showcase

23rd - 24th September 2023



What is hayle health and wellbeing festival?

The event is a Health and Wellbeing Festival on 23rd and 24th September that incorporates a community showcase for the many organisations in Hayle. The aim of the event is to showcase local organisations and businesses and importantly help to support the health and wellbeing of people in the community.

Local businesses and organisations can offer free taster sessions at their own location or at the main event location (Hayle Academy) to showcase themselves in order to recruit customers/volunteers/members.

There will also be a Community Showcase at Hayle Academy on Saturday 23rd where local groups, clubs, societies and organisations can highlight what they do and how people can get involved.



Themed content

The event will be based around four themed areas: Eat, Connect, Move and Explore.

A timetable of content will be available for each strand for people to choose from.

EAT

A celebration of delicious food that's good for people and planet with a focus on seasonal ingredients, sustainability and eating well for life through a range of workshops and demonstrations by local chefs and nutrition experts.



CONNECT

The Connect talks and workshops will explore the world within us and the world around us, looking at how both influence our mental, physical and emotional wellbeing. We can tackle a broad range of topics – from contentment to community, gender to grief, loneliness to technology, relationships to resilience. The talks will take the form of panel discussions (made up of people from a variety of walks of life) while the workshops will enable people to connect in ways that they hadn't before, e.g. laughter yoga, crafts, etc. They will also offer an opportunity to explore some of the ideas raised in the panel discussions.



MOVE

The fitness strand will be designed to get people moving in ways that they haven't before – from yoga and martial arts to convening with nature at a Silent Disco on the beach, this is a chance to showcase the many different ways that people can get moving in and around Hayle. We'd like to reach all of the various needs in the community with this strand so if you can offer something, particularly for people with mobility issues, we'd love to hear from you.




EXPLORE

Whether people are seasoned explorers or nature newbies, this theme is all about helping people to connect with nature and the outdoors. The connection between nature and our wellbeing has been proven and we can make the most of our blue and green spaces with this strand. Looking to offer a range of walks, talks and activities to connect people with our natural spaces.





Ignite wellbeing

Here are a few reasons to get involved:

 **Increased Exposure:** The Health and Wellbeing Festival will provide a platform for your business to reach a diverse audience, including potential new customers who are actively seeking health-related solutions. By engaging participants in a free taster activity, you can demonstrate the value and effectiveness of your offering.

 **Brand Awareness:** Taking part in the festival will allow you to create brand awareness and establish a positive reputation within the health and wellness community. It's a chance to showcase your business as a leader in the industry, connecting with like-minded individuals and influencers who can help amplify your message.

 **Networking Opportunities:** The festival will bring together a wide range of health and wellness professionals, enthusiasts, and industry experts. By participating, you will gain access to a network of individuals who share a common passion for well-being. Networking with fellow exhibitors and attendees could lead to valuable collaborations, partnerships, and future business opportunities.

 **Community Engagement:** Your involvement in the festival demonstrates your commitment to community well-being and establishes your business as an active contributor to the local health scene. By offering a free taster activity, you will contribute to the overall festival experience while giving back to the community that supports your business.

Community Showcase

All local groups, organisations and societies are invited to take part in an exhibition at Hayle Academy on Saturday 23rd September. It will be an opportunity to showcase what happens in your group so that you can recruit members/volunteers.

You can book a space at the exhibition and can also offer a demonstration or activity for people to get involved with. Getting people involved in local groups can contribute to good mental health and wellbeing as well as build a strong community.

Sunday Wellbeing Walk and Roll Mayor's Fundraiser

On Sunday 24th September, the Mayor will be holding a fundraising 'Wellbeing Walk and Roll' on King George V Memorial Walk.

Everyone is welcome and we will be encouraging people to take part in any way that they can, whether that be walking or rolling the walk in a wheelchair. There will be a range of entertainment along the way to encourage the walkers and rollers.

If you cannot take part, you can always make a donation. Keep an eye on our website for up to date information about how to get involved.

Want to be involved?

If you would like to offer a **free** activity at the event, complete the **activity form** outlining what you would like to offer and send to julie.baldwin@hayletowncouncil.net by **5pm** on **Tuesday 11th July**. Julie will then be in touch to confirm details. The sooner you get in touch, the more likely you will be able to guarantee your preferred time for your activity. We would like to be able to offer a diverse range of workshops and activities that meet the needs of the whole community.

If you would like to be part of the community showcase, complete the **community showcase form** and email to julie.baldwin@hayletowncouncil.net by **5pm** on **14th July 2023**.



Hayle Town Council
Hayle Community Centre
58 Queensway
Hayle
TR27 4NX

Tel: 01736 755005

www.hayletowncouncil.net
email: julie.baldwin@hayletowncouncil.net

Follow us on social media:

 @HayleCouncil  @HayleTownCouncil
 @HayleTownCouncil  @hayletowncouncil