



ARTS

Exists to inspire the well-being, creativity and participation of a diverse range of people in the production of high quality art.

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CoolTan Arts
Unit B 237 Walworth Road
London SE17 1RL

www.cooltanarts.org.uk www.afunnyfarm.org.uk
Registered Charity No: 1064231 Company Limited by Guarantee No: 3244552

Celebrate World Mental Health Day with CoolTan Arts Sponsored Walk, doing the Largactyl Shuffle 11th October.

On the 11th October 2008, to mark world mental health day, CoolTan Arts is organising a unique sponsored walk celebrating well-being thought creativity and de-stigmatising mental health from the Maudsley Hospital to the Tate Modern.

David Morris – Disability Advisor to the Mayor of London - will be leading the procession and encouraging frolics and fun, poetry in parks, public sculptures. CoolTan have a unique history of Southwark's mental health legacy to share (reaching from Chaplin's mum, Michael Faraday and the sewers of Camberwell!) Having fun and doing physical activity is important in recovery and over all well being, the sponsored walk is a major public event, and aims to challenge the stigma associated with mental illness, CoolTan arts believes mental well-being is enhanced by the power of creativity.

Money raised from the event will go to support the delivery of CoolTan's creative workshops. In these, participants with experience of mental distress are inspired to create art, drama, poetry, podcasts, websites and to produce other artistic events. CoolTan Arts is run by people with mental distress for people with mental distress "the most robust user led organisation I've ever known" according to Ann Kirby, Service User Involvement Development Worker South London and Maudsley NHS Foundation Trust.

Additional Information

Largactyl Shuffle is named after an anti-psychotic drug which can produce physical side-effects including a characteristic shambling walk.

CoolTan Arts believes well being is enhanced by the power of creativity. Michelle Baharier, Director of CoolTan, is available for comment on the event. Please call 020 7701 2696. The artists and other participants in the walk can also be contacted through CoolTan Arts

CoolTan Arts is proud to have as patrons Maggi Hambling, Ali Smith, Sokari Douglas Camp and Clare Allen. They are also available for comment and can be contacted through us on 020 77012696