

You're Invited! We're Taking The 'Blue' Out Of Blue Monday!

20th January 2020

**12pm-4pm in Peters Room at the
Maple Centre**

**Peters Room, The Maple Centre, 6 Oak Drive,
Huntingdon, Cambs, PE29 7HN**

We're hosting tea and cake and a workshop to get people talking about mental health and reminding everyone that it's ok to not be ok.

There will be a craft workshop held by Craft4Smiles, Healthwatch and Everyone Health will be there and we'll be having free tea and cake all afternoon we'd love you to come along and do some crafting, or have a chat and some cake with us!

The workshop, tea and cakes are free, so come along and have a chat with us, we know that after the festive season we can feel a little blue, so let's come together to lift each other up! We'll be dressed in bright clothes to bring a smile to your face and you're invited to do the same if you wish!

[There are limited spaces for the workshop, so please book a ticket here so we know how many people would like to attend!](#)

If you're coming along for tea and cake, you don't need to book, just turn up and join the fun!