

WALK OF FAME

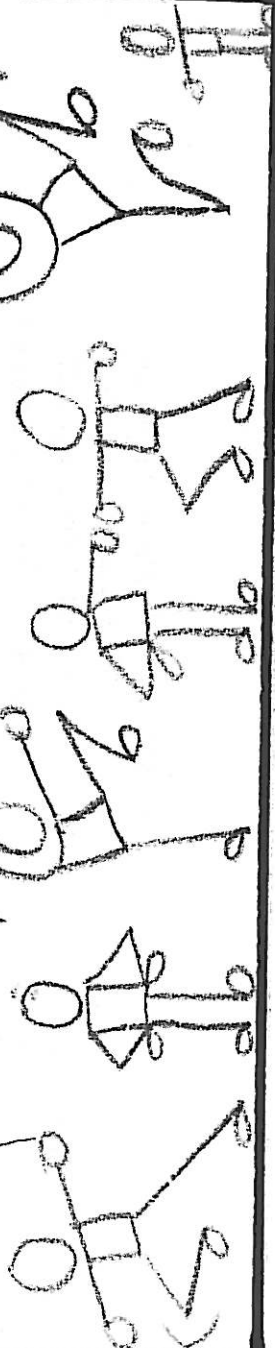
2011

CONGRATULATIONS

9.2.11

Name

Age



## The 'Walk of Pride' Colouring In Competition

To enter the competition, colour in the entry and put down  
Your age group:

5 to 7 years

8 to 10 years or

11 to 12 years

Special needs (open age)

Hand your entry back to the people who gave you the entry  
form, or post it to

ARAFMI Hunter

22 Stewart Avenue

Hamilton East 2303

to reach us before October 1<sup>st</sup> 2011.

There will be several prizes for the best entries in each  
age group.

Entries will be judged at the Walk of Pride in Civic Park.

If you win a prize we will send it to you, or you can receive  
it on the Day ~ With an extra mystery gift if you attend!

Name:.....Age:.....

Address:.....

.....

Phone Contact Number: .....

## What is the Walk of Pride?

Sometimes people get sick in a way which affects their  
mind. They can't think clearly and they may feel sad, angry or  
very confused. They can't help feeling like this because they have  
a mental illness. It can take a very long time for them to start  
feeling better. "The people who care about them, such as  
their children, may also feel very sad". Everyone who has a mental  
illness needs lots of help, love and support to get better. Their  
children and other family members also need support and help.

Every year in Mental Health Month we hold the 'Walk of Pride'  
to show our support for all people who have a mental illness, and  
for their friends and families. The Walk of Pride is *fun*! We walk  
through Newcastle with balloons, banners and smiles ☺. A pipe band  
leads the way. When we get to Civic Park we have entertainment and  
speakers, with face painting for children and food on sale. Everyone  
feels warm and full of hope after taking part in the Walk of Pride.  
This is one way that we send our message to all people who live with  
a mental illness. Our message is ... "You are not alone"

Everyone is welcome to join in.

This year the Walk of Pride will  
start from Pacific Park at 10 am  
on Saturday October 15<sup>th</sup>.

More information is available from  
ARAFMI Hunter (Ph 49612842)

or join the mailing list for information  
and updates about the event.

Email: [walkofpride@exemail.com.au](mailto:walkofpride@exemail.com.au)

