

Ted Tierney from *Mental Health Awareness*, Registered Mental Health Nurse, Registered General Nurse, Degree in Mental Health Practice and over 25 years experience in Therapy, both individual and group, specialising in Stress, Anxiety and Depression Management, will be on hand on the night.

Ted will deliver an interactive workshop on Managing your Mental Health which covers the essential elements for positive mental health. Ted will also take a question and answer session on any mental health related topic.

Admission as always is free thanks to the generous sponsors and voluntary donations given at the various fund raising events.

SENAP is always welcoming new members and hands on helpers whose participation is vital for the group.