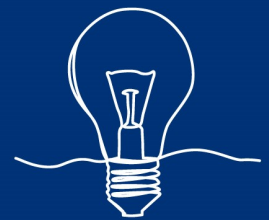


# 2019 marks Mind Monmouthshire's 40<sup>th</sup> anniversary!

To celebrate this milestone, we are looking to create an evening of celebration around mental health in all its diversity, and are asking for local people to help us put this together.

You do not need to live with mental health yourself, only have the desire to see that all people are treated fairly, without stigma and discrimination.

Do you have ideas for a song, sketch or act? Do you perform, or prefer to work behind the scenes?



To find out more pop in to our offices in  
45b Cross Street, Abergavenny, NP7 5ER  
4pm- 7pm on Monday 18th March 2019