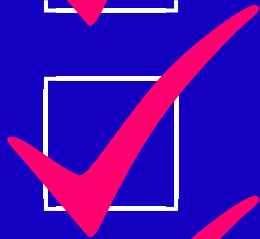




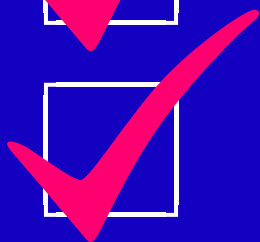
How will you Do Blue this world mental health day?



Wear blue!



Dye your hair!



Bake cakes!

Unite with us on 10th October and wear something blue to help raise awareness and vital funds to support our work right here in Norfolk and Waveney.



Registered charity - No. 1118449

