



www.itsmental.co.uk/familywellbeingfestival

It's Mental Family Wellbeing Festival

24th June 2023 - Rivington

Our objective for this not-for-profit family event is to educate, inspire & motivate parents and their children to embrace nature and engage in activities as a family. Our ethos is to promote 'Prevention is Better Than Cure'. We embody this and we strive to support families within the county to create social prescribing and early interventions on a large scale.

Most importantly we teach how to manage their mental and physical wellbeing, to give adults and children the tools to support them during times of low mood and prevent mental health crisis.

The event will be over 8 different wellbeing zones spread over the area of Rivington, Lancashire.

- 1. Holistic Health Zone**
- 2. Mindful Zone**
- 3. Nutrition Zone**
- 4. Water Sports and Activities Zone**
- 5. Land Sports and Activities Zone**
- 6. Knowledge College**
- 7. Creative Zone**
- 8. Givers Gain Zone**

Benefits for Attending

- To give families an opportunity to bond together outside their normal daily environment.
- To educate them on mental and physical, nutrition, wildlife, crafts and local services.
- To promote social prescribing to local community sports and activity groups.
- To engage with other people in the community by participating in challenges and fundraising events over the weekend.
- To experience new things that they do not normally do, like climbing, paddle boarding, group meditation, making environmentally friendly products.



Whats going to be happening

Holistic Health Zone Activities

Mindful Guided Walks
Forest Bathing
Meditation
Family discussion groups

Mindful Zone - Classes

Breathwork
Yoga
Tai Chi
Sound Baths
EFT
Dance Therapy
Drum group
Meditation

Knowledge College

Positive Mindset Coaching
Imposter Syndrome
Self Confidence
Self Love

Financial Wellbeing

Motivation
Neuro Diversity

Nutrition Zone

Talks on Nutrition
Guided foraging walks
Outside Cooking Demonstrations
Health Food Demonstrations

Water Activities

Fishing Coaching Sessions
Paddle Boarding
Canoeing

Land Activities

Archery
Axe Throwing
Adventure Walking
Orienteering
Running
Mountain Biking
Climbing
Defence Classes

Creative Zone

Art Therapy
Crafts
Messy Play
Music and Movement

Givers Gain Zone

Showcasing 20 Charities
Become a Volunteer
Raise money for Charity

The location

We know Rivington is the perfect place to host an outdoor wellbeing event. This will be fantastic for local businesses to benefit from such events and in return increasing the growth and feel-good factor of the community.

We want to also promote families to sign up for activities and sports with our partners for the summer holidays to maintain the new family bonds that have been created from the event and to enjoy family time in the great outdoors.



Sponsorship and Exhibitor Packages

Platinum Sponsors £2500+VAT

- Zone Sponsorship - logo on banners
- Website Presence Logos company introduction
- Social introduction videos
- Post event Promo video
- Foldout Brochure - logo zone sponsorship Main stage - Logo presence
- Photo booth backdrop - Logo presence
- Logo on leaflets
- Logo on all posters
- Logo on all email campaigns logo
- 5 family tickets packages 20 people
- 3 metre x 3 metre stand

Other packages available

Exhibition Stands by Zone
3m x 3m gazebo

Land and Water Activity Zone
£400+VAT

Givers Gain Zone
£250+VAT

Holistic Health Zone
£200+VAT

Nutrition Zone
£250+VAT

Education Zone
£400+VAT

Company tear drop stand sponsorship
£300+VAT

Logo on stand
Plus 5 family tickets packages