

#RunAndTalk Campaign- Event Information

What is the #RunAndTalk campaign?

During the week of 6th-12th October 2018 England Athletics, supported by Mind the mental health charity, are encouraging people to #RunAndTalk to improve their mental wellbeing through running and to break down the stigma associated with mental health by getting people talking about it.

How does it work?

- 1) Through a digital campaign we'll be encouraging people to run one mile or further and have a chat during the 6th-12th October (where possible on Wednesday 10th October to coincide with World Mental Health Day (www.who.int/mental_health/world-mental-health-day/2018/en/) either with friends, family or colleagues at a time and location of their choice or by joining one of the organised runs at an England Athletics club or RunTogether group. Search for runs and book on [here](#) (live 21st September).

What counts as a run?

One mile or further, participants choose the distance and location that suits them. They don't have to run the whole way, walking and jogging is allowed!

Organised runs

Organised runs are planned by England Athletics partners, affiliated clubs and RunTogether Groups. They are led by a UKA qualified leader or coach and most finish with an optional social element so participants can go for a drink or something similar afterwards. Anyone of any running ability can join a run even if they've never run before and are not a member of that club or group.

Mental Health Champions

Some runs will have a volunteer Mental Health Champion(s) present. All our friendly Champions have lived experience of mental health problems themselves or through close family or friends and are passionate about improving mental wellbeing through running.

Who can take part?

Anyone can take part. Organised runs will however have a minimum age so participants will need to check the information for the run they wish to join.

Do people need to have a mental health problem to take part?

No, anyone can take part. 1 in 4 of us experience mental health problems each year and running can help everyone's mental wellbeing. We can all play a part in breaking down the stigma attached to mental health

How can you get involved and when?

- Share this event information with local partners and organisations **from 28th August**.
- Register an organised run **from 3rd September**- (England Athletics partners, affiliated clubs and RunTogether groups only). This can be a regular club/group run

or you can organise a specific one. Other people can organise their own runs (a group of friends, colleagues, family members etc) they just won't be listed on the event page for the general public to join. For more information see the #RunAndTalk Organised Run Information.

- Book on a run **from 21st September.**
- Share information about #RunAndTalk on social media to encourage people to take part **from 21st September.**