

# BECOME A GIPSY HILL WELL-BEING CHAMPION



Scan to apply now

## AMAZING OPPORTUNITY for residents of Gipsy Hill to:

- Become a certified Youth or Adult MHFA(England) Mental Health First Aider (worth £300)
  - You'll attend an internationally recognised 2 day MHFA course, receive a useful manual, workbook, action card and MHFA awareness pen
- Attend a facilitated networking and education session about MHFA for Substance Misuse and MHFA Action Planning
- Have an opportunity to attend monthly online mental fitness and wellbeing education sessions
- Learn more about how to support your own wellbeing, and the wellbeing of those in your community.

## FREE FOR RESIDENTS OF GIPSY HILL

### IMPORTANT DATES

**ADULT** MENTAL HEALTH FIRST  
AID 2 DAY COURSE:  
SATURDAY 21st and 28th MAY  
Christ Church Gipsy Hill

**YOUTH** MENTAL HEALTH FIRST  
AID 2 DAY COURSE:  
SATURDAY 18th and 25th JUNE  
Upper Norwood Library Hub

## APPLY NOW

### HOW TO APPLY

SCAN THE QR CODE OR HEAD  
HERE:

**[HTTPS://FORMS.GLE/4WVZ2Q1HFGTKQRFC6](https://forms.gle/4WVZ2Q1HFGTKQRFC6)**

COMPLETE THE FORM BY TELLING  
US:

- WHY YOU'D LIKE TO BECOME A MHFA-ER AND GIPSY HILL WELLBEING CHAMPION
- CHOOSE WHETHER YOU'D LIKE TO BECOME A YOUTH OR ADULT MENTAL HEALTH FIRST AIDER

WE WILL RESPOND TO YOUR APPLICATION  
WITHIN 48 HOURS

For more information, head to the application form or contact [info@itsaplayground.org](mailto:info@itsaplayground.org)

This project is funded  
by Lambeth Public Health  
in partnership with  
Norwood Forum to bring  
new Health and Wellbeing  
projects to the  
residents of Gipsy Hill



*It's a State Of Mind*  
Mental . Physical . Social

**MHFA England**  
INSTRUCTOR  
MEMBER

