

Walk on the Downs to feel Up.

Epsom & Ewell Borough Council is hosting a walk around Epsom Downs on 10th September to coincide with World Suicide Prevention Day. This event supports the council's Suicide Prevention Action Plan and aims to raise awareness of support and resources available to help those suffering from mental health issues or directly impacted by the loss of someone to suicide.

Funding has been allocated from the UK Shared Prosperity Fund to **We Power On** to help residents access support in the borough. Chris, founder of the organisation, will lead the walk for adults aged 18 and above.

Immediately after the walk, Epsom & Ewell Borough Council will host another event where Chris will talk about his story and the importance of having support available for people suffering from mental health problems. A scribe will create artwork which will then go on a 'tour' of the borough ending up at the **Epsom Picturehouse** on 10th October to coincide with Mental Health Awareness Day.

Residents will need to register to attend - 50 spaces are available for the walk and talk, and a further 50 spaces for those who only wish to attend the talk. Register [HERE](#)

End Stigma Surrey is also supporting this event, they are dedicated to raising awareness and reducing the stigma of mental health and are part of the council's wider Suicide Prevention Action Plan.

Councillor **Clive Woodbridge**, (RA Ewell Village) Chair of the Community and Wellbeing Committee said: "Mental health issues can have a devastating effect on sufferers and those close to them. No one should have to face mental health challenges alone and it's important as a council that we do all that we can to ensure vulnerable residents are informed, and can access, vital support when they need it.

Working with partners is an essential part of our Suicide Prevention Action Plan and I'd like to thank We Power On, End Stigma Surrey, and The Jockey Club for their support with this event.

I'd encourage anyone experiencing mental health issues to seek help. One life lost is too much."

Chris, founder of We Power On said: "I'm pleased to be able to support the council with its walk and talk. Walking helped me especially during Covid lockdown and I'm looking forward to leading the walk across Epsom Downs and also sharing my experiences in the following event. It's important for everybody to know that they're not alone, encourage conversations and keep highlighting where those people suffering from mental health issues can turn to for support."

Image credit: Marathon - License details