



NottAlone

LIVE *is coming back!*

A unique event involving inspirational keynote speakers, workshops, mental health service stalls, entertainment and exciting performances

February 2024



#Notts2gether

Connecting schools, young people and community mental health services to celebrate Children's Mental Health Week.

Find out more: nottalone.org.uk/nottalonealive

A partnership between



NottAlone Live free mental health events for young people

Join us on Tuesday 6th or Thursday 8th February 2024 for our second annual NottAlone Live events!

NottAlone Live is an exclusive invite-only event as part of Children's Mental Health Week, which will run between Monday 5th and Sunday 11th February 2024.

These events are hosted for **free** to schools to help share important messages about mental health and wellbeing with young people.

Who is invited?

As a Mental Health Lead for your school, you and children from your school are invited to one of these exciting events aimed at supporting the mental wellbeing of children and young people.

You are invited to bring pupils between Year 5 and Year 11 to NottAlone Live, where we will ensure content of the day is appropriate to the age groups in attendance.

What will be at the events?

Your pupils will be able to take part in a wide range of wellbeing workshops throughout the day, visit our main stage to watch keynote speakers with inspiring talks as well as exciting performances, and visit a wide range of stallholders providing information about community mental health and wellbeing services for young people in Nottingham and Nottinghamshire.

Workshops for the events will have age ranges for the sessions clearly labelled, to ensure there are appropriate sessions for younger and older school children.

Where are the events?

This year we are having two events in different locations to enable even more schools from across Nottingham and Nottinghamshire to join us! Our event dates and locations are:

- **Tuesday 6th February 2024 at Notts County Football Club**, Meadow Lane, Nottingham, NG2 3HJ
- **Thursday 8th February 2024 at the YMCA Newark and Sherwood Community Activity Village**, Lord Hawke Way, Newark, NG24 4FH.

We will match the events as closely as possible to provide the same overall experience no matter which event your school attends, however, please be aware that there might be small differences between them based on the availability of some of our workshop leaders or performers. We can guarantee that you will not miss out – whichever event you attend will be full of fun and key learning opportunities around mental health and wellbeing.

How do I book my school's place?

Please book your school's place using our online booking form.

*Please note due to venue capacity at the YMCA Newark and Sherwood venue on Thursday 8th February, we can only accommodate a maximum number of ten pupils plus three staff members per school. This capacity limit does not apply to the 6th February event.

FAQs

Will food be provided?

Light refreshments will be available, but please ensure all children and staff bring a packed lunch with them on the day. School staff are responsible for ensuring their pupils and staff bring their own packed lunch.

Light refreshments will include hot drinks for adults and water or squash for children, plus light snacks such as biscuits.

Where can I keep up to date on event details and information?

We will continue to update our NottAlone Live webpage as we get nearer to the events, so keep an eye on it to stay in the know! www.NottAlone.org.uk/NottAloneLive