



August 2014

Taking positive steps for mental health

The Hills Shire Council and Mind Connections will once again be holding its annual *Pawsitive Steps* walk on Saturday 31 August as part of Paws in the Park raising money for Vinnies Compeer.

Compeer matches people living with a mental illness in a one-to-one friendship with a volunteer. Compeer aims to reduce the stigma associated with mental illness by encouraging social inclusion and community education.

Volunteers are matched in a friendship with someone of the same gender and similar age living in their local community. Friends meet up regularly for a coffee, a walk in the park, or to watch some sport.

The Pawsitive Steps walk will be a fun day out for the whole family including your dog. There will be stalls, giveaways and activities as well as a 1km challenge course during the walk.

Entry is just a gold coin donation entry which supplies you with a walking bib and help Compeer continue to support people living with mental illness in the Hills Shire.

More information can be found at <http://www.thehills.nsw.gov.au/Paws-in-the-Park.html>.

Interviews and photo opportunity available with long term Compeer volunteer and Hills resident.

What: Hills Shire Council Pawsitive Steps Walk

When: Saturday 31 August 9am-10am

Where: Castle Hill Showground, Castle Hill

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