



Patient Participation Group

Improving the mental and physical wellbeing of young people

Tuesday 29th April 2025

Addingham Memorial Hall, Addingham

6.30 pm – Refreshments

7.00pm – Presentations

Guest Speakers:

A talk by Jonathan Storton and the team from Kidfit Ltd on improving the wellbeing of young people in the Addingham area.

Lucy Owens from GR8 Minds (Children's Mental Health Service).

Free Admission

All Welcome

(including non-Addingham Medical Centre patients)

An update on the range of services that the Addingham Medical Centre can provide for all ages.



"Simply put, mental health is how we think, feel and act. We all have mental health: we can all do things to look after our mental health"

The 'GROW MINDS' logo is presented within a thin purple rectangular border. The word 'GROW' is written in large, colorful, multi-colored letters, while 'MINDS' is in smaller, solid orange letters. To the right of the logo, a quote is written in a black, handwritten-style font.