



BEAT THE BLUES AND GET 2017 OFF TO A FRESH START! GIANT ADVICE & WELLBEING DAY IN THE GALLERIES, 16TH JAN 2017

'Blue Monday' – the 16th January - is believed by some to be the most depressing day of the year. It's the time when all the credit card bills start coming through the door and people struggle to make ends meet. To help people beat the blues over 40 local charities and organisations are taking over the Galleries to offer free advice and health and wellbeing activities to the public.

January can be a difficult time for many – the country is in the grip of winter, money is short post-Christmas, and the gloomy weather influences people's moods. Following on from the success of last year's Beat Blue Monday event, Himilo Training, Bristol City Council, The National Careers Service, The Centre for Sustainable Energy (CSE), Bristol Energy, Pennywise, Shelter, Talking Money, and Citizens Advice Bristol, among many others, will be offering advice. The advice day is intended to give people two means of escape from the difficulties of the New Year – offering a wide range of games, events and fun activities to beat the winter gloom, and also a number of advice stalls to answer any pressing questions people may have; be it employment, debt, housing, money, or anything else!

Himilo Training is the training arm of Ashley Community Housing, and at the Blue Monday event we'll be promoting the training we offer and signing people up to our courses. We're also interested in finding out about any training courses the community want that we are not currently offering.

Visitors to the event will be treated to free massage and acupuncture sessions, health and wellbeing activities, and live music. Games and competitions will be running all day, with a chance to win freebies from Lush and WH Smith. There'll also be Energy Advice and Energy Switching sessions from Bristol Energy and the Centre for Sustainable Energy (CSE).

The Blue Monday event will also be showcasing over 40 organisations who offer support on all aspects of life, be it money, housing, benefits, energy advice and more, providing a unique one stop support shop for Bristol residents and giving them the chance to have an informal meeting with a diverse range of experts. Blue Monday 2017 has been made possible with support from Bristol City Council, the Neighbourhood Partnership in Cabot, Clifton and Clifton East, Bristol Energy, Wessex Water and the Centre for Sustainable Energy.

For more information visit www.bluemondaybristol.org or follow [#BlueMondayBristol](https://twitter.com/BlueMondayBristol)