

# Mental Elf

Festive Fun Run / Walk

2.5k / 5k

## 6th & 7th DECEMBER 2025

- No experience needed - just come and join the fun!
- Raise money for Mental Health in your community.
- Get a group of friends, family, colleagues together or come alone and make new friends!

Register your interest by scanning the  
QR code, visiting [www.tbmind.org.uk](http://www.tbmind.org.uk)  
or calling for more details



01375 391411

 **Mind**  
Thurrock  
and Brentwood

Registered Charity No. 1106452