

## PRESS RELEASE

For Immediate Release

# CITYLIT

### **To commemorate World Mental Health Day, City Lit will host a festival offering free classes, events and an art exhibition.**

City Lit will host its annual 5-day Mental Wealth festival from the 11-15 October 2021 and has announced over 60 free taster workshops and events online and across London. Most of the events will be completely free of charge. There's also a number of courses and events available online, inviting people from across the UK to participate. View our programme of events [here](#).

Since 2014, City Lit has incorporated the values from World Mental Health day and curated an annual festival to promote accessibility to adult learning and empower people to think about different approaches and methodologies on issues surrounding mental health and wellbeing.

To host the festival and deliver a roster of impressive talks, City Lit has partnered with: the British Museum, the Royal Opera House, South London and Maudsley & Bethlem Hospital, local charity Beyond Words, Ruby Wax's Frazzled café, and Thrive LDN.

This year's Mental Wealth festival will focus on the theme of 'Positive Impact' and City Lit has invited thought leaders Melissa James, Antony Gormley, Jonny Benjamin, Dr Kathryn Mannix and more to explore positive impact and mental health through their own recent projects. These talks are held in accessible venues across London from £5 per person.

An art exhibition called 'Locked In/Locked Out' will also take place at City Lit's home in Keeley Street. It features the work of artists Carina Piscato and Keith Clapson's experiences during the first lockdown in 2020. Find out more [here](#).

City Lit has a selection of over 5,000 courses across a wide-range of subjects. Follow @MentalWealthFST on Twitter for updates and insights during the festival and @CityLit for news about upcoming courses and events at City Lit in Holborn.