



Gill's Wonky Brain Club

'Wonky' is what I affectionately call my own brain. As someone living with a long-term mental illness it can be frightening, overwhelming and tiring. It feels like you are trapped inside your own head. **There are some people who fully understand because they have been there**, but for some, they continue to struggle whether it be a long or short-term mental illness.

To have **a friendly place to go to and have a chat over a cup of tea with a biscuit let's you know you are not alone**, even if that's how you feel. So, come and join us between **7 and 9pm on the last Wednesday of every month** in the clubhouse at North Ferriby Football Club.



There can be sunshine after a storm!