

# OPEN DAY



**WE WILL BE JOINED BY  
VETERAN ORGANISATIONS**

Veterans, families, friends, carers and professionals are all welcome to attend our open day for an opportunity to network and share information about our service.

**TUESDAY 9<sup>TH</sup> SEPTEMBER 2025, 10AM-2PM**  
**VERMONT HOUSE, WASHINGTON, NE37 2SQ**



**FREE MINDFULNESS GROUP  
SESSION**



**SPEAKERS FROM THE OPCOURAGE  
PROVIDER COLLABORATIVE  
PARTNERS: CNTW AND TEWV NHS  
TRUSTS, WALKING WITH THE  
WOUNDED AND COMBAT STRESS**

RAFFLE PRIZES  
FOOD AND REFRESHMENTS



*All enquiries can be sent to our email*  
OpCourageNorth@cntw.nhs.uk