

# EN PIÉ FUNDACIÓN

## JUNE NEWSLETTER



Happy June to all our lovely readers! Summer is hot on our heels and, with it, plenty more activities for your very own local mental health charity, Foundation En Pie.

We would firstly like to thank all those who participated in our second downhill bike-ride event from Mount Teide to Los Gigantes harbour in aid of Mental Health and Helping Hands. Our sincere thanks, too, to all of those who sponsored our participants and, of course, a big Thank You to all of the Sponsors of the event!



It was not an easy challenge, but all our smiling faces. We would like to thank them all for their spirit of solidarity and goodwill and we truly hope we will see you all again at another event soon.

We would like to give a special thanks also, to Pete the Meat, who was good enough to give up some free time and cook us up some of his fantastic sausages for the riders on their arrival

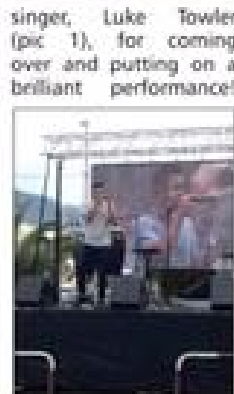
at the port. Our previous event, on May 7th, was a health and nutrition fair (pic - feria deporte) outside our charity shop in the Polígono de Guimar. We would like to thank fantastic

lancy the challenge you can sign up for €10 per person including an event T-shirt!

Our Drop In Point Charity Shop is located in Polígono de Guimar. It's easy to find, just take Exit 20 off the TF1 and is open daily from 9-5pm. Here we have our doors open to anybody who might be suffering from a mental health problem or who knows somebody who is and needs a chat or signposting to get the right help within the Canarian Health System or private professionals.

Our day to day work includes providing employment opportunities for individuals diagnosed with severe mental health conditions. We

singer, Luke Towler (pic 1), for coming over and putting on a brilliant performance!



Our resident DJ, Jorge, also did several spots - working hard to make his dreams come true and become a DJ and music producer.

Our 8th Talk the Walk is planned for the 12th June and we invite you all to join us on the scenic Tajinaste Trail in Teide National Park. Please contact the Foundation or Andy Tenerife walker as per the poster.

Also, on the 31st July, we are delighted to announce we will be holding our very first charity run in Polígono Industrial de Guimar. It is a 4km fun run along this picturesque coastline in aid of a very good cause. If you

really do understand the importance of feeling socially included, having friends and doing something meaningful and all our activities and work is geared towards creating the right environment and opportunities for anybody who comes to us looking for help.

The En Pié family would like to thank all of those who continue to support our events and hope to see you again in the very near future!

So, until next time!



**Affordable advertising with The TPG.**

**Boost your sales today!**

**Call us on 922 703 725**

**1ª Carrera Solidaria por la Salud Mental**

**LOCOS POR LA VIDA**

31 de Julio 2016  
Puerto de Güimar

**TENERIFE GUIDED WALKS**

SPECTACULAR SCENERY. MAGIC MOMENTS

In association with **enPié**

**The 8th "Talk the Walk" to discover Tenerife's Great Outdoors.**

Carrying on the existing theme to raise money and awareness for En Pié, the Canarian Mental Health charity and to bring together the Canarian and ex-pat communities and hopefully, to get each other speaking a little of the other ones language.

**THE TAJINASTE TRAIL IN THE PARQUE NACIONAL DEL TEIDE**

This is a lovely moderate walk in the Parque Nacional del Teide on good mountain paths and forest trails to enjoy the flora. In particular—the Tajinastes which are a spectacular red-maroon coloured flower about 2m high which are endemic to Tenerife.

**Date and time - Sunday, 12th June, 2016**  
leaving at 10 am approx

**Meeting point - Apollo Centre Los Cristianos**

**Walk Distance/Duration - 7 kilometres/1 1/2 hours**

**After walk - cake party, please bring a home-made cake**

**Difficulty - Moderate**

**Price per person - €12**

**To book - contact [andy@tenerife-guided-walks.com](mailto:andy@tenerife-guided-walks.com), Tel +34 916 302900**

**Driver/transport - please note we need more drivers as the number of people we can take will depend upon the cars/buses available.**