

TOGETHER

FEST • 2022

12 May 2022, The Truman Brewery, London

Tools to inspire, unite and live a happier, healthier life.

Our one-day festival during Mental Health Awareness Week will give your colleagues ideas, inspiration and tools they can implement at home, at work and share with their colleagues.



Content to energise, empower, inspire and unwind!

The festival will embrace the whole person, balancing work and home life. Helping prevent people from reaching crisis point by equipping them with ideas, tips and tools to take more ownership for their wellbeing. Attendees will leave the event feeling supported and inspired – brimming with ideas and practical solutions they can put into practice at home, work and even share with their colleagues.

Topics include financial health, coping with stress or anxiety, sleep health, loneliness, lifestyle choices, work-life juggle, and spotting the signs of mental health issues in others. Throughout the day, colleagues can immerse themselves in interactive displays and activities to learn and discover new things, either individually or together, such as cooking demonstrations, mixology, arts and crafts, stories gallery, collaborative mural, and much more.



What our event stands for

We bring together and celebrate the real heroes of retail. The people who make a difference. Day in, day out. Keeping their businesses and the United Kingdom moving. Providing them with the tools to grow, and help their colleagues live happier, healthier lives.

We are retail. And together,
we're stronger.

Audience

The event is ideal for wellbeing warriors and mental health champions in stores, distribution centres and head office. The content will be relevant to both line managers and engaged colleagues.

Get in touch

For more information about the event, please email Naomi at ncox@retailtrust.org.uk