

MEDIA CONTENT

16 October 2017

Embrace your 'Right to Fly' at Africa's biggest kite festival

23rd Cape Town International Kite Festival – 28 & 29 Oct 2017

Links / URLs:

Facebook: www.facebook.com/CTKiteFest

Facebook event: <http://bit.ly/2wTJSFp>

Twitter: [@CTKiteFest](https://twitter.com/CTKiteFest)

Instagram: [@CTKiteFest](https://www.instagram.com/CTKiteFest)

Hashtags: #RightToFly #CTKiteFest

Web: www.capementalhealth.co.za

Tweet (102 characters)

Embrace your right to fly & have fun at @CTKiteFest, Muizenberg, 28 & 29 Oct, in support of @CMH_NGO.

Facebook (44 words)

Embrace your right to fly and have fun at @CTKiteFest in Muizenberg on 28 & 29 October. Enjoy incredible kites, free kite-making workshops, food and live entertainment at Africa's biggest kite festival, proudly flying in support of @CapeMentalHealth. Tickets at the gate or Quicket.

Snippet (72 words)

Embrace your right to fly and have fun at the **23rd Cape Town International Kite Festival** in Muizenberg on 28 & 29 October. Enjoy incredible kites, free workshops, food and live entertainment at Africa's biggest kite festival, proudly flying in support of Cape Mental Health. Tickets R40 p/p (or R15 for 12 years & younger) at the gate or via www.Quicket.co.za. For more follow @CTKiteFest on social media or go to www.capementalhealth.co.za.

(290 words)

Embrace your right to fly and to have fun at the **23rd Cape Town International Kite Festival** on 28 and 29 October in Muizenberg in support of Cape Mental Health. Kiteers from England, Germany, Malaysia, the Netherlands, Poland and South Africa will show that almost anything can fly - with fish, dragons, dinosaurs and even a little pig adorning the sky.

The spectacular family festival has become South Africa's biggest mental health awareness event and 100% of profits go to help Cape Mental Health provide vital mental health services to children and adults in Cape Town and beyond.

"We all have the basic right to fly – to explore our abilities, develop our skills and soar freely at home, work, school and in our community," said Ingrid Daniels, Director of Cape Mental Health. "Children and adults with mental health needs have the same human rights as everyone else and at our **23rd Cape Town International Kite Festival**, we will be celebrating everyone's 'Right to Fly', to be accepted, respected and included."

There will be free kite-making workshops for children and adults as well as rides, a free Toddler Zone, food market and live entertainment (including the Pedestrians, Zion Three 3, Jarrad Ricketts, Hip Fusion Belly Dance, Timothy de Monk and Vaughn Caesar). Visitors are welcome to bring along a picnic. Please leave dogs at home.

The **Cape Town International Kite Festival** happens on (and above) Zandvlei Nature Reserve, Muizenberg (corner Axminster and The Row). Open from 10:00 to 18:00 daily, the event offers lots of parking and easy access by train (False Bay or Muizenberg stations). Entry is R40 (R15 for children 12 years and under). Tickets available at the gate or via www.Quicket.co.za.

For info visit www.capementalhealth.co.za, contact Cape Mental Health on 021 447 9040 / info@cmh.org.za or follow @CTKiteFest on Facebook, Twitter and Instagram.

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About Cape Mental Health

Cape Mental Health is an award-winning non-profit organisation providing, or facilitating, comprehensive, proactive and enabling mental health services in the Western Cape. We are committed to challenging socially restrictive and discriminatory practices affecting the mental health of all people, and our work is underpinned by a commitment to quality, excellence and professionalism. We reach about 19 000 people annually with a staff complement of 150 members across 22 intervention programmes.

Our community-based services provide enabling mental health care to persons with emotional adjustment problems, and those with mental disability (intellectual and or psychiatric/psychosocial), and adopt a holistic, family-focused approach. Our life skills and work skills projects for persons with mental disability include a focus on skills training and workplace experience, individual job coaching and ongoing support, on-site support for the employer and employee, reasonable accommodation, and assistance with support structures. We are recognised at national and international levels and were awarded a prestigious Zero Project Innovative Practice Award 2017 for our Training Workshops Unlimited's intensive skills development and career path training programme for adults with intellectual disability.

For more information call 021 447 9040, email info@cmh.org.za, visit www.capementalhealth.co.za or follow us on Facebook @CapeMentalHealth or Twitter @CMH_NGO.

Issued on behalf of Cape Mental Health by On Course Communication.
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