

Celebrate World Mental Health Day at Cape Town International Kite Festival

Dragons and scuba divers are just some of the kiting creations that will fill the sky above Muizenberg on 10 and 11 October at the fifteenth Cape Town International Kite Festival, which is organised by Cape Mental Health in association with Heart 104.9 FM.



The Cape Town International Kite Festival is Africa's biggest kite festival, and this year will coincide with World Mental Health Day on 10 October. With an expected 20,000 visitors Cape Mental Health hopes it will be one of the largest mental health day festivities in the world. The theme for 2009 is 'World on a String: Celebrating World Mental Health Day'.

Kiters from the USA, Germany, England and around South Africa will be at the Festival to fly their magnificent creations. Local visitors are encouraged to bring along their own kites, make a kite at the kite-making workshops or just enjoy watching the colourful aerial extravaganza.

With food stalls, giant inflatables, kiddies' rides, Heart 104.9 FM broadcasting live and an eclectic craft market, this is family entertainment at its best.

Entry is R10 per adult and R5 per child, with all profits going to support the work of Cape Mental Health. The festival will be open from 10:00 to 18:00 each day and takes place on the lawns surrounding Zandvlei, Muizenberg. There is lots of parking and easy access by train (False Bay or Muizenberg stations).

For more information, go to www.capementalhealth.co.za or contact event co-ordinator and festival manager Shameemah Wallace on (021) 697 3566 or Cape Mental Health on (021) 447 9040 or .