

#TheSkylsYourCanvas with Cape Town Kite Festival 2023

When #TheSkylsYourCanvas, flying kites becomes a colourful expression of freedom, creativity, and joy. With each kite soaring high, dreams take flight, painting the heavens with vibrant hues of hope and imagination.



Image by [Achim Scholtz](#) from [Pixabay](#)

This October, Cape Mental Health is inspiring children, youth, and the young at heart to soar high by flying kites, raising awareness for mental health. Feel the wind's embrace, the tug of the string. Let your kite dance among the clouds, and explore the limitless possibilities that await when you let your spirit soar.

This October, Cape Mental Health's annual flagship event - the 29th Cape Town Kite Festival - comes together to raise funds that fuel the vital mission of providing essential, cost-free mental healthcare services and interventions to those who require it most. By investing in children and youth, Cape Mental Health lay the foundation for the prevention of mental health disorders, empowering young people to unleash their full potential and pursue their dreams without limitations.

"In October, the sky which has no limits, will become a beautiful canvas adorned with messages of hope and encouragement. In times of trouble and adversity hope, support and kindness help us to hold on. Hope is the anchor that supports our mental health and gives us the courage to take one more step. It reassures us of better days to come – hope removes fear. As kites soar against the adverse winds, it helps us to dream about a future filled with possibilities, holding on and never giving up," says Dr Ingrid Daniels, Cape Mental Health CEO.

Cape Town Kite Festival - Pop-Up Fly

Age is no barrier to dreaming; everyone from the youngest to the oldest and every age in-between is invited to view and fly kites at Melkbosstrand beach in Cape Town on Sunday, 29 October 2023. The annual Pop-Up Fly enjoys wonderful support as hundreds of people flock to the beach on this family day to enjoy viewing the 'show kites' flown by South African kites Mari Ware-Lane, Bradley Ware-Lane, Bobby Gathoo, Brian Skinner, Wesley Beales, Frans Marais and others.

EduKite Competition

The Cape Town Kite Festival again hosts its EduKite Competition - a kite-decorating and kite-making competition for learners from mainstream primary school schools and schools for children with special educational needs, with monetary prizes to be won by the winning teams.

Unite with kite enthusiasts worldwide and take part in the 29th Cape Town Kite Festival, wherever you are, throughout October 2023. Soar high with your kite, capture the magic in photos and videos, and spread messages of inspiration. Share your kite-flying journey by tagging #TheSkyIsYourCanvas and @CTKiteFest, and standing a chance to be featured on the official CTKiteFest social media channels. This is an opportunity to unite to create a global celebration of the joy and beauty of kite-flying and mental health awareness.

Explore the captivating content on the CTKiteFest [website](#), featuring an array of activities, and embark on a virtual journey to ignite your creativity and foster an appreciation for the art of kite flying.

Let's unite in support of mental health and create a brighter future for generations to come.

For more, visit: <https://www.bizcommunity.com>