



Walk Poster Guide

Step 1

Go on to [Canva.com](https://www.canva.com) and create an account for yourself – make sure to use the FREE version of Canva. Once you have an account, email hello@mentalhealthmates.co.uk

Step 2

Once you have an account, email hello@mentalhealthmates.co.uk, along with all your walk information. Including: LOCATION, DATE & TIME & WHERE TO MEET, WALK LEADER NAME & EMAIL ADDRESS

Step 3

Once you have sent us all this information, we will send you the Mental Health Mates Canva Templates for you to choose and edit with the information for your walk. To do this:

1. Open the link to the templates and log in to your Canva account.
2. Click on the crayon icon in the bottom left corner and choose "Use Template". *PLEASE DO NOT CHOOSE EDIT* as this will edit the original.
3. This will take you to all the posters. Choose the one you would like to use (this can change for each walk) and input all your walk information in the allocated areas on the Template.
4. Click on "DOWNLOAD" in the top right hand corner – and select the page you would like to download (download as a PNG or JPG)
5. Download your poster to your computer and then send it over to hello@mentalhealthmates.co.uk. Please NAME FILE: Date, Location. i.e. 20TH OCTOBER 2020 HAMMERSMITH

Add to your Instagram and we will add it to our social media scheduler as soon as you have sent it over to us. Please also feel free to create your own poster for your own channel, however for continuity we will only be using the templates provided on our channels. ENJOY XX

