

# Running for Life

An Inspirational Story - By Rob Shenton



**3 February 2021**

**7.30pm – 9.30pm**

**Tickets £5.00**



Rob Shenton is a former Army Officer, with a taste for the extreme. Having run some of the toughest footraces on earth and been on numerous military operations, he thought he had faced some difficult challenges. Until he found himself in a mental hospital having made an attempt to end his life, but there have been many attempts. At that point Rob started to open up about his struggle and started to use the lessons he had learnt from running to fight his way back. Please be aware Rob recently broke his neck and is working hard on the lessons he has learnt to fight his way back to normality again! Rob will be honest, open and entertaining in the way he presents his inspirational story. This event is part of HCFWI supporting the national WI campaign Make Time for Mental Health.

Payment can be made by cheque, BACS (Account Name: HCFWI, A/C Number: 02399673, Sort Code: 30-99-71) or we can invoice your WI. If payment is made by BACS, please email [finance@hampshirewi.org.uk](mailto:finance@hampshirewi.org.uk) to inform them. To book a ticket please email [reception@hampshirewi.org.uk](mailto:reception@hampshirewi.org.uk) or complete slip below and return with your cheque and SAE to: WI House, 22-24 Station Hill, Southampton Road, Eastleigh, Hants, SO50 9XB,

You can also sign up with Eventbrite for this event see below:

<https://www.eventbrite.co.uk/e/running-for-life-an-inspirational-story-by-rob-shenton-tickets-136277939987>

**Closing Date: 1 February 2021**



## Running for Life – 3 February 2021

I/We would like to attend (Please list below)

WI: .....

Name	Email	Chq Attached/BACS Payment Made/ Inv. WI (Please indicate as appropriate)