



Media Release

**'Dance Off Depression' - Charity Event to celebrate the 30th Birthday of Lucy Rayner
Thursday 24th October 10pm – 5am
Raffles Club 287 King's Road, Chelsea, London SW3 5EW**

In May 2012 Lucy Rayner took her own life, she would have been 30 years old in October 2019.

Her love of dance music is something that her family and friends remember about her. Music and dance played an important part of her life, it was one of the things that kept her in good mental health. So that's why in celebration of Lucy's 30th Birthday - The Lucy Rayner Foundation will be throwing a party for Lucy to 'Dance Off Depression' - Hosted by Raffles Club in Chelsea.

Research shows that music has a positive impact on your mental health, it gives greater self-expression, reduces anxiety and can change lives. Dancing has real benefits for your mental and physical well-being, it is an outlet for dealing with your feelings and releasing them instead of locking them inside.

Expressing yourself through movement is a powerful thing without having to vocalise what you're feeling. So let's all come together and make this a night to remember and 'Dance Off Depression'.

We have a great lineup of DJs, plus a very special guest headlining the event (TBA), they are giving up their time to support the charity and raise awareness of mental health in young people through the medium of music and dance.

ENDS

Editor's Notes

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About The Lucy Rayner Foundation

The Lucy Rayner Foundation exists to raise awareness of the signs and symptoms of mental health issues in young people, to help them to overcome their mental health problems by building emotional resilience through education, campaigning and providing support for them and their families. With the understanding that your mental health is just as important as your physical health.