

Depressed Cake Shop

Locations	The Undercroft, Biosciences Building
Date(s)	Friday 8th November 2013 (10:00-12:00)
Download	Add to Calendar (/events/events/depressed-cake-shop.aspx?ical=true)

Come along to a pop-up Depressed Cake Shop, a 'special' bake sale will be selling cakes that are grey on the outside to help raise awareness of mental health problems.

It is commonly quoted that 1 in 4 people will suffer from a mental health problem at some point in their lives; despite a quarter of the population with personal experience, mental health problems are still to some extent a taboo topic of conversation. In order to address this and encourage conversation, all of the cakes in this sale will be grey on the outside. One of the first things someone might think on seeing a grey cake is "why is that cake grey?", and this gives a great opening to discuss mental health as an issue.

All the proceeds from this cake bake will go to [Birmingham Mind \(http://birminghammind.org/\)](http://birminghammind.org/) (Charity Number 1003906). Everyone is welcome.



If you are unable to make it on the day, but would like to make a donation to this fabulous charity, please visit the 'Depressed Cake Shop' [JustGiving page \(http://www.justgiving.com/depressedcakeshop\)](http://www.justgiving.com/depressedcakeshop).

You can also follow us on Twitter [@grey_cakes!](#)