

MEDIA INFORMATION

For immediate release

23 November 2018

CAPTAIN KRANKYPANTS COMES TO THE CATHERINE WHEEL

On Wednesday 12 December Australian returning veteran and successful businessman Trace Dann, known to audiences worldwide as the legendary **Captain Krankypants**, will be entertaining guests in The Catherine Wheel's Cornhill Room with his highly energetic presentation on how to enjoy life despite suffering from Depressive Disorder and PTSD.

With so many people today suffering from these conditions, Captain Krankypants will be sharing the story of his own journey, from a life of inner turmoil, stress, unhappiness, displeasure, annoyance, anger and distrust to a new life of self-awareness, acceptance, trust and hopefully happiness.

"After more than 30 years in the work force and 19 years in the military, including multiple tours to battle zones, Trace has a wealth of experiences that combine to provide a unique outlook on life," said Mark Dewar, owner of The Catherine Wheel.

"We're delighted to welcome him to Hemyock for what promises to be a very special evening. His personal take on what is obviously a very serious topic is guaranteed to provoke laughter and tears in equal measure and give hope to those who have suffered or are suffering from depression themselves."

... / more

Tickets for the show, which starts at 7.30pm, are available now from The Catherine Wheel and are priced £10 each, including a welcome drink on arrival. For more details and reservations, visit The Catherine Wheel at Hemyock, Cullompton, Devon EX15 3RQ or call 01823 680224.



Photo by **MIKI SIMANKEVICIUS**

ends

Notes to Editors :

- For more information about Captain Krankypants, visit www.captainkrankypants.com
- For background information on Trace Dann, visit www.tracydann.com or contact June Rowlands
 - Tel : 07850 845351
 - Email : silversistersmedia@gmail.com
- For further details about the event at The Catherine Wheel, contact Mark Dewar
 - Tel : 07966 599568
 - Email : yorik49@gmail.com