



highfields  
centre



**Present:**

# **“SMOOTHIE”**

## **SOUND SYSTEM**

**FREE MUSIC WORKSHOPS, WITH LUKE BROUGHTON, TO IMPROVE YOUR MENTAL WELLBEING. INVOLVING RAPPING, SINGING, TOASTING AND DJ'ING. WITH SOME SOUND, LIGHT, VISUALS, AND RECORDING THROWN IN.**

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**Every Monday 2 – 4pm at;  
The Highfields Centre  
96, Melbourne Rd, Leicester LE2 0DS.**

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**For further information, or if you'd like to join the crew, please contact Tim Sayers, Arts in Mental health Co-ordinator at Leicestershire Partnership NHS Trust, on;**

**Email: [tim.sayers@leicspart.nhs.uk](mailto:tim.sayers@leicspart.nhs.uk)**

**Tel: 07795 475 806**

