

# Don't let life take you too seriously...

**BRIGHTSPARKS**  
Arts In Mental Health Group

**COMEDYASYLUM!**

PRESENT

## COMEDY Wellbeing Hubs

Fun and relaxing workshops based around humour.  
We make up stories, tell jokes and laugh a lot.

Would you be interested in creative writing? We can do that too!

Open to mental health service users and the general public.

All abilities welcome, no experience necessary.

Just drop in or email us to book your place: [office@brightsparksarts.uk](mailto:office@brightsparksarts.uk)

### Burbage Library

Church Street, Burbage, LE10 2DA

**Thursdays, 18th May to 27th July**  
2.30pm- 4pm

**Thursdays, 28th September to 7th December**  
2.30pm- 4pm



For more information email  
[office@brightsparksarts.uk](mailto:office@brightsparksarts.uk)



# [www.brightsparksarts.uk](http://www.brightsparksarts.uk)