

# 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)

### Loughborough Wellbeing Centre,

Asha House, Woodgate, Loughborough LE11 2TZ

**Thursdays** 9th March to 25th May (not 6th April)  
2.30pm - 4pm

**Thursdays** 3rd August to 12th October  
2.30pm - 4pm



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



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