



**Present:**

# **'SMOOTHIE'**

## **MUSIC & POETRY GROUP**

**FREE MUSIC & POETRY WORKSHOPS, WITH LUKE BROUGHTON, TO IMPROVE YOUR MENTAL WELLBEING. INVOLVING SINGING, RAPPING, & WRITING WITH PERFORMANCES AND RECORDING.**

*And it's free.*

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**Every Monday 2 – 4pm at;  
The Hope Centre  
43, Melton Street, LE1 3NB.**  
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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.sayers1@nhs.net](mailto:tim.sayers1@nhs.net)**

**Tel: 07795 475 806**

