



HEALTHWATCH HEAR MY VOICE

EVERY TUESDAY 1PM – 4PM

9TH JAN TO 13TH FEB 2018

ALDBOROUGH ROOM, FULWELL CROSS LIBRARY, 140 HIGH STREET,
BARKINGSIDE IG6 2EA

PERFORMANCE ART PROJECT TO HIGHLIGHT REDBRIDGE RESIDENTS
OPINIONS OF LOCAL MENTAL HEALTH SERVICES

- Do you have lived experience of mental ill health as a patient, carer, support worker or service provider?
- Would you like to help shape the mental health services or activities that are available in Redbridge?
- Would you like to have fun with like-minded people, in a safe environment, participating in improvisation based games and role play designed to improve confidence and wellbeing?
- No previous experience required, just a willingness to participate and to enjoy yourself.

If you would like to take part please contact:

Tina by phone: 07709 893637 or 020 8215 1390

or email: tinastewart31@gmail.com

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