

**Free workshops
for 16-25 year olds**
in Flitwick, Biggleswade and Sandy

**MENTAL HEALTH
COLLABORATIVE FUND**

Funded by:



Central Bedfordshire Council
Working in partnership

Managed by:



The
**Creative
Mental
Health
Charity**
poetsin.com

Struggling

with your

Mental Health?



**Creative Mental Health Programmes, Workshops,
Drop Ins and Support for 16 to 25 year olds.**

Online and in person, in groups or individual. Award winning outlets to manage wellbeing.

**Writing, Art, Songwriting, Rap Workshops and so much more,
funded by BLCF and available in schools, further education,
community and drop in centres around Flitwick, Biggleswade and Sandy.**

**Get in touch to see what's available and
to book your place now info@poetsin.com**

