

TIME TO TALK

Are you aged 11-25?
Do you live, work or study in East Berkshire*?

POEM TO A PARENT/CARER

It's time to talk. Write a poem to your parent/carer. The winning poem will be turned into a film for a local NHS campaign and you will get a £50 Nando's voucher! Get creative, have your say and help us to raise mental health awareness by submitting your poem.

#TIMETOTALK

Join us for workshops exploring mental health and wellbeing through poetry and spoken word. Writers with all levels of experience welcome.

Dates: 21st Jan, 28th Jan, 4th Feb, 11th Feb
7pm-8pm via Zoom

**SIGN UP AND
ENTER AT:**

[www.yesslough.org.uk/
timetotalk](http://www.yesslough.org.uk/timetotalk)

* Slough, Bracknell Forest or the Royal Borough of Windsor and Maidenhead.