

RAISE! YOUR VOICE!



the **icho**ir want you to

RAISE YOUR VOICE !

ALL FREE SONG WRITING WORKSHOP

Come & write a song with us

SATURDAY, MAY 11th

at The Black - E, 1 Great George Street, Liverpool L1 5EW
10 a.m. - 4 p.m.

we're writing 10 songs to help end the fear of talking about mental health and we'd love you to join us in contributing to writing lyrics for one of them. We guarantee a fun filled day, you'll learn top song writing tips and write some great lyrics with us, there'll be lots of discussion, lots of information, a delicious free lunch and maybe some singing too !

1 in 4 of us will be affected by a mental health problem

find out more about
our project call Olga on
07415048830
or email: love2sing@icho.ir.org.uk
www.icho.ir.org.uk



10 Songs to End Stigma

ARE YOU **BRAVE ENOUGH** TO TALK ABOUT MENTAL HEALTH ?

RAISE YOUR VOICES is a free song writing workshop taking place at the Black-E. Come and write a song with us on Saturday 11th May, between 10am and 4pm.

For more information

please contact: Olga on 07415048830 or

Email: love2sing [at] ichoir.org.uk

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