



Hidden Voices

A group for female carers who arrived in the UK within the last 5 years.

- A new group that uses music to improve wellbeing.
- Meet other carers, make friends and get creative with our professional musicians.
- No musical experience necessary.

The group will begin online with the aim of running sessions in person as soon as possible.

If you struggle with tech, get in touch, we can help get you set up.

Join us for our first Meet & Greet on Zoom!

Thursday 10 September 2020 @ 11.30am -12.30pm

For more information or to sign up, contact Abdul on Abdul.Kenewa@midlandmencap.org.uk or 07912 268 979