



Radio Show Wellbeing Workshops with 'A Space To Speak Your Mind'

"A Space to Speak Your Mind" is Source FM's community mental health radio show in collaboration with Cornwall Mind.

Based at the studio in Falmouth, you can learn all things radio, while improving your mental health and wellbeing.

No technical experience needed.

Email: info@cornwallmind.org

 **mind**
Cornwall

A Space to Speak Your Mind

What is it all about?

An 8-week recovery focused workshop.

Help improve your mental health and wellbeing by being part of a small social group as you learn various radio and podcasting skills.

There's no pressure - it's up to you what you'd like to learn.

What can I expect?

Try something new and have fun in a safe and supportive environment.

It's a friendly group with opportunity to chat to others facing similar struggles.

How could it help my wellbeing?

The workshops are tailored individually to fit in with your own personal recovery. We're here to help you recover, build resilience, and stay well.

Learning something new brings a real sense of achievement and can boost confidence, self esteem and feelings of self worth.

The workshops will run on Thursdays
1.30-3.00 PM
at the Source FM studios in Falmouth.

Get in touch to sign up

Email: info@cornwallmind.org
Call: 01208 892 855

cornwallmind.org
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