

We bet you've got skills!

Perhaps you are good at... sewing cushions, cooking pasta, baking cakes, drawing birds, fixing curtains, looking after plants, speaking another language, looking after pets, writing poetry, playing sport, painting walls, changing a plug, singing hymns, presenting ideas, solving problems.

**Come and join us
on Saturday 15th February between
1pm – 3pm for sandwiches, snacks
and skills swapping!**

This is a free event hosted by Kentish Town Community Centre in collaboration with Likewise a mental health charity. Following on from the event we will be hosting a series of free workshops co-designed by attendees aimed at sharing skills, having fun, bringing the community together and talking about how to have better mental health.

**Kentish Town Community Centre
17 Busby Place, NW5 2SP
www.ktcc.org.uk, 0207 482 3212**

Likewise