

The Power of Voice

How to make sense of the world; the experiences we have had and the storm of feelings they bring us. Listening to songs, rap or reading poetry, there can be comfort in words:

Don't hesitate / Time heals the pain / You ain't the problem' Michael Kiwanuka, 'You Ain't the Problem'

Learn rap and song writing techniques and how to tell your story (or someone else's).

Whether you have never played with words before or have journals filled with poems and songs, this is the space for you. Come and learn to have fun with words in a supportive, safe space where how you feel is as important as what you do. Where there are people to support you in managing connections with new people.

Where?	SCDA (Sussex Community Development Association) Youth Centre, Denton Island Community Centre, Denton Island, Newhaven BN9 9BA
When?	Tuesdays 4.30pm - 6.30pm: 11 th and 18 th October, (no session for half-term (25 th Oct), and then 1st, 8th, 15th, 22nd, and 29 th November, 6 December
Who's it for?	It's for anyone aged 12-20yrs
Facilitators:	Archie Strong (Peer Mentor), Sam Hatter (Subject Specialist), Rivkah Cummerson (Mental Health Practitioner)
Provided by:	The Sussex Partnership and Audio Active

Register your interest here:
[course- The Power of Voice — Discovery College, Sussex \(sussexdiscoverycollege.org.uk\)](https://www.sussexdiscoverycollege.org.uk/course-The-Power-of-Voice)

Discovery College is a place for young people in East Sussex to have new experiences and learn more about emotional wellbeing and particular mental health challenges. Everything is done in groups with other people who listen without judgement, offer support without being patronising and have an interest in who you are and would like to be. The courses are delivered in co-production with young people and are FREE.