

# Sketch 'n Rhyme online with JPDL & SLAZ



**Struggling with our strange 'new normal'?**

**FREE opportunity to bring your own  
Hip Hop lyrics to life with graffiti**

**CONTACT 03000 200102 /  
referrals@artlift.org**

- ✓ **Fun, no-pressure online sessions with friendly Hip Hop artists**
- ✓ **Just express yourself - no experience needed**
- ✓ **Don't miss - starts Monday 4<sup>th</sup> January (6-8pm) for 10 weeks**
- ✓ **For anyone over 18, registered with a Gloucestershire doctor and living with mental health challenges**

*“It takes your mind off your problems.... trying new things and meeting other people.”*

[www.artlift.org](http://www.artlift.org)

[www.yournextmove.org.uk](http://www.yournextmove.org.uk)



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