

# HAVE YOUR SAY!

**Your Voice in Kirklees** are seeking contributors for our quarterly mental health newsletter.

It could be:

- Art
- Poetry
- Stories
- Articles
- Puzzles
- Photos
- Crafts

Plus lots more, we just want to hear from you!

Our aim is to create a platform where anyone in the Kirklees community can share their experiences with mental health as well as highlighting partner services and other organisations that strive to make Kirklees a happy and healthy place to be!

## Want to get involved even more?

We have a voluntary newsletter committee that meets once a week over Zoom to discuss and design each of our fantastic quarterly newsletters. A friendly group, composed of individuals who are on their own personal journey with mental health. All are welcome!

For more information or to send in a submission, contact our newsletter co-ordinator at:



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