



The Folkestone Nepalese Community and KMPT are proud to present:

The Art of Mental Health



At the Folkestone Nepalese Community Centre

22nd February 2024

11am -1pm

Discussing mental ill health can often be a challenge for individuals and communities. At this **FREE** event people can:

- Meet fellow members of the Gurkha and Nepalese community.
- Explore the benefits of art upon mental health.
- Discuss current research studies with Clinical Research Practitioners.
- Tell Community Research Facilitators what you need from mental health research and services.
- Demonstrate creativity, skills, knowledge, and expertise.
- Become a member of a unique and exciting research community.
- Be seen! Be heard!

Don't miss out on the chance to join the conversation about mental health, both the challenges faced by communities and the beauty art can bring.

For further information contact: natalie.farley@nhs.net or maha.rai@fncuk.org



www.fncuk.org



www.kmpt.nhs.net

**Please note we cannot provide mental health support at this event*