



FREE COMEDY WORKSHOP SERIES FOR WOMEN

Confidence • Connection • Laughter

Led by creative health facilitator and award-winning comedian Carly Smallman



Tracy, participant from The Passage: "I have got a lot of benefits from it. Different coping techniques for mental health and made me more confident in myself."



EVERY FRIDAY • 11AM-1PM • NOV 6 - DEC 11

+ SPECIAL SHOWCASE EVENT, DATE TBC

FREE! 6-week creative health comedy course, with food + refreshments included. Participants who finish the course also receive free comedy club tickets!

Adult 18+ women-only group. Wellbeing gains include increased connection, confidence, and optimism. No pressure to perform. **No experience needed.**

Visit The Passage or ask your GP, health professional, or link worker to **register** with Michael Degale (michael.degale@passage.org.uk / 07936 952090).

Friendly space at The Passage, St Vincent's Centre, Carlisle Place, London, SW1P 1NL

Comedy-on-Prescription® events aim to connect the Westminster community through laughter. Brought to you by...



Known side effects: Laughter





FREE IMPROV COMEDY WORKSHOP SERIES

Confidence • Connection • Laughter

Creative health improvisation workshops for adults by The Comedy School



Sunday Mirror article: "The Comedy School is a ground-breaking initiative and has been hailed a 'life-saver' by mental health patients"



EVERY FRIDAY • 2PM-4PM • NOV 6 - DEC 11

+ SPECIAL SHOWCASE EVENT, DATE TBC

FREE! 6-week creative health comedy course, with food + refreshments included. Participants who finish the course also receive free comedy club tickets!

Adults 18+ group. Wellbeing gains include increased connection, confidence, and optimism. No pressure to perform. Come as you are. **No experience needed.**

Visit The Passage or ask your GP, health professional, or link worker to **register** with Michael Degale (michael.degale@passage.org.uk / 07936 952090).

Friendly space at The Passage, St Vincent's Centre, Carlisle Place, London, SW1P 1NL

Comedy-on-Prescription® events aim to connect the Westminster community through laughter. Brought to you by...





FREE IMPROV COMEDY WORKSHOP SERIES

Confidence • Connection • Laughter

Creative health improvisation workshops for adults by The Comedy School



Sunday Mirror article: "The Comedy School is a ground-breaking initiative and has been hailed a 'life-saver' by mental health patients"



EVERY FRIDAY • NOV 13 – DEC 18 • 11AM–1PM

+ SPECIAL SHOWCASE EVENT, DATE TBC

FREE! 6-week creative health comedy course, with food + refreshments included. Participants who finish the course also receive free comedy club tickets!

Adult 18+ carers & link workers group. Wellbeing gains include increased connection, confidence, and optimism. No pressure to perform. **No experience needed.**

Register: Follow the QR code above, visit Pimlico Library for help, or ask your GP, health professional, or link worker to email communityhubs@westminster.gov.uk.

Friendly space at Pimlico Library, Lupus St, Pimlico, London Westminster, SW1V 3AT

Comedy-on-Prescription® events aim to connect the Westminster community through laughter. Brought to you by...





FREE COMEDY WORKSHOP SERIES FOR ADULTS 50+

Confidence • Connection • Laughter

Led by creative health facilitator and award-winning comedian Carly Smallman



Claudia: "During the workshops series I have had to organise my mum's funeral, make an offer on a flat, and deal with my husband's dementia, so this has been a most welcome and fun diversion. Definitely a powerful tool for well-being; comedy and laughter is extremely undervalued."



EVERY FRIDAY • NOV 13 – DEC 18 • 2PM–4PM

NOTE: THE LAST WORKSHOP WILL BE **THURSDAY DEC 17**, WITH THE **SPECIAL FRIEND'S AND FAMILY SHOWCASE EVENT ON DECEMBER 18**

FREE! 6-week creative health comedy course, with food + refreshments included. Participants who finish the course also receive free comedy club tickets!

Adults 50+. Wellbeing gains include increased connection, confidence, and optimism. No pressure to perform. Exercises and space accessible. **No experience needed.**

Register: Follow the QR code above, visit Pimlico Library for help, or ask your GP, health professional, or link worker to email communityhubs@westminster.gov.uk.

Friendly space at Pimlico Library, Lupus St, Pimlico, London Westminster, SW1V 3AT

Comedy-on-Prescription® events aim to connect the Westminster community through laughter. Brought to you by...

