

# Feeling Funny?

**A free stand-up comedy course with a difference...**

**FOR MEN AGED 18 & OVER**

**Laughter is the best medicine or at least that's what they say! If you want to test out the theory and fancy having a go at stand-up comedy then our Feeling Funny comedy course might be just the thing for you.**

Over seven weekly sessions, professional stand-up comedian Sam Avery will teach you the skills and techniques that will enable you to write and perform your own short comedy routine. The course culminates in an optional showcase performance in front of an invited audience of friends, family and colleagues. These unique courses have been designed to help to improve your mental health and wellbeing but will also give you an opportunity to be able to tackle the subject of mental health in a light hearted way.

Feeling Funny courses aim to:

- Increase your confidence and self-esteem
- Improve your communication skills
- Improve your mental wellbeing
- Reduce stress and anxiety
- Provide a social opportunity for you to meet new people
- Help break down the stigma of mental health being an off limits subject for men

**Dates: Tuesday 15<sup>th</sup> August and then every Tuesday until the 26<sup>th</sup> September**

**Times: 6-8pm**

**Venue: Merseyside Youth Association, Hanover Street, L1 3DY**

There are 15 places available per course. If you would like to find out more please contact:

**Helen Holden, Project Manager, The Comedy Trust**

Email: [helen@thecomedytrust.com](mailto:helen@thecomedytrust.com)

Call: 07593 042930 or 0151 702 5893

**\*The Comedy Trust's *Feeling Funny* courses are funded through the *Healthy Liverpool* Community Grants scheme delivered by Liverpool Clinical Commissioning Group (CCG). *Healthy Liverpool* aims to provide a new health and social care system to transform the health of everyone in our city.**