



# African & Caribbean Community Health Network

Funded By London Borough of Waltham Forest

Advocating Equity In Health And  
Access To Mainstream Services  
For African & Caribbean  
Residents in Waltham Forest



## Drum Circle Connect Workshops

Therapeutic and Restorative Activity in a friendly and open environment. Using African drum rhythms and beats to manage stresses of everyday life. Connect with people in your community and African heritage.

Run by **Seneke Sillah**  
Founding Director, Lead Musician



### Dates Mondays

1. 26 February 2024
2. 25 March 2024
3. 29 April 2024

Time: 1.30pm - 3pm

### Where:

Leyton Orient Community Hub  
Score Centre, 100 Oliver Road  
Leyton E10 5JY

'No need to book - just turn up'  
Places for 20 Residents

### Light Refreshment available

To find out more about the project and how to sign-up email [hello@mbswellbeingcic.com](mailto:hello@mbswellbeingcic.com).  
Older people can contact Joan 0208 539 6976

