



Do-It

Be-It

Live-It

Band-It

Are you feeling isolated in lockdown?

Aged between 19 - 35?

Claiming PIP or any benefits?

Join us for **free** online spit positive Rap MC Workshops & May Day Festival Performance with Simfresh and the Band-It Project

Fridays at 17:00 - 18:30

19 March

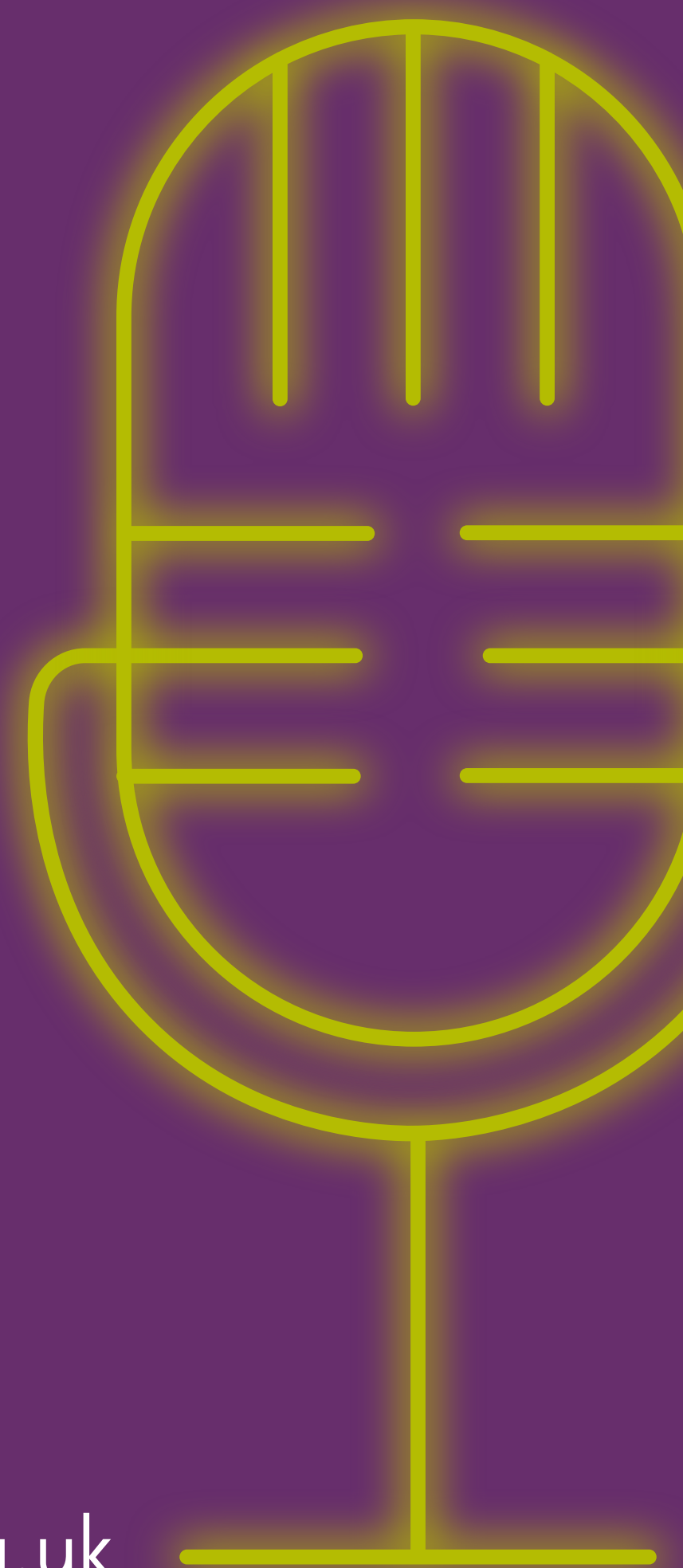
26 March

9 April

16 April

23 April

1 May (Online Festival Performance)



Hosted by Simfresh

To register:

Contact: bandite@papworthtrust.org.uk

