

# Voices & Verses – Carers Poetry Event

Hosted by:  
Matthew Mckenzie- Cygnet PCREF Carer Lead and Carer Ambassador

***A creative space for carers to share, reflect, and be heard.***

Join us for a special poetry event celebrating the voices of unpaid mental health carers. This session will feature diverse ethnic perspectives, lived experiences, and creative expression, supporting PCREF principles of inclusion, equity, and voice.

Whether you write, listen, or simply want to connect, this is a safe and welcoming space for all carers.



**Date:** Tuesday, 28<sup>th</sup> April 2026

**Time:** 2:00 pm – 4:00 pm

**Where:** Cygnet Churchill



## What to expect:

- Poetry readings and spoken word
- Diverse cultural perspectives and lived experience
- A supportive and inclusive environment
- Opportunities to share your own work (optional)



## Who can attend:

Unpaid carers, particularly those supporting someone with mental health needs. Open to all backgrounds.