



SIP. SHOP. SHARE

Weekly Groups

Monday

Kind Co-Working

3.00-6.00pm

(No session 30/9) Would you benefit from working in a shared space? Drop by our table with any projects you are working on- an essay, a job application, your freelance work, your memoirs or your drawing. Optional check in, support and short activities to boost your focus and spirits with Sarit Gafan.

Tuesday

CommuniTea

3.00-4.30pm

Come by for a cuppa and an informal conversation to find out more about Head Room Café and how you can get involved. A great chance to meet new people and help build our community.

Wednesday

Heads Up Drop In

4.00-5.00pm

Have a chat with our Heads up Worker to find out more about the café, mental health and local resources.

Thursday

Art 4 All

3.00-4.30pm

Our community-led and facilitated art group, is an opportunity for experimenting with drawing, painting, sculpture or collage. Everyone is welcome, whatever your experience or how you are feeling.

Community Conversations

6.30-7.30pm

Join our lively discussion group which is inspired by the French café-débat. The group decides what to discuss, facilitated by a member of the Head Room team.

September Events

<p>Time for Carers Wednesday 4th September • 2.30 - 4.00pm</p>	<p>Take some time for yourself and meet other mental health carers, facilitated by Naomi, Jami's Carer Support Coordinator.</p>
<p>Breaking the Taboo: How to talk openly about Suicide Wednesday 10th September • 6.30 - 8.30pm</p>	<p>This will be a safe space to explore society's attitudes to suicide. What are our reactions? How can we talk openly about this subject and support those affected by it?</p>
<p>Games Night Wednesday 11th September • 6.00 - 8.00pm</p>	<p>Come by for a friendly game and meet some new people – we have a range of board games and card games or bring your own to suggest to the group.</p>
<p>Parent & Baby Group Tuesday 24th September • 11:00am – 12:00pm</p>	<p>Self care group for parents with babies, hosted by a breastfeeding peer supporter. Share your parenting challenges and successes. Nourish yourself with coffee & cake!</p>
<p>Shared Reading Tuesday 24th September • 4.30 - 5.30pm</p>	<p>Join us to share some great short stories and poems - read out loud, discuss the text or just enjoy listening. For more info see www.thereader.org.uk</p>
<p>Death Cafe Tuesday 24th September • 6.30 - 8.30pm</p>	<p>Participate in a lively conversation about death and dying in an open, relaxed and respectful environment. For more info - www.deathcafe.org. Limited spaces (max 18) – please sign up headroomcafe@jamiuk.org</p>
<p>Writing Group Wednesday 25th September • 3.00 - 4.00pm</p>	<p>Come and explore your creativity through writing poetry or prose with Alyson. No experience necessary.</p>
<p>Music Jam Wednesday 25th September • 8.00 – 10.00pm</p>	<p>Our monthly music jam is a fun and informal evening of music, singing and expression. Use an instrument or/and your voice. All levels welcome. (Bring your instrument if you have one)</p>
<p>Learning to Relax Thursday 26th September • 2.00 – 3.00pm</p>	<p>Join Tracy, Jami's fitness coordinator, in an interactive session to explore ways of relaxing your mind and body.</p>

A SOCIAL ENTERPRISE FROM

Jami
The Mental Health Service for our Community

SUPPORTED BY


THE MAURICE WOHL
 CHARITABLE FOUNDATION