

October 2019 Events

Please note that due to the Jewish festivals the café will:

Not be open on: 29/9, 30/9, 1/10, 9/10, 14/10, 15/10, 21/10, 22/10

Close at 4:00pm on: 8/10, 13/10,

<p>Time for Carers Wednesday 2nd October • 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>#UseYourWords Thursday 10th October • 8.30 - 10.30pm</p>	<p>Jami and the World Union of Jewish Students (WUJS) are exploring the relationship between language and wellbeing this World Mental Health Day. This event is for students and recent graduates.</p>
<p>Open Mic Thursday 24th October • 7.30 - 9.00pm</p>	<p>Sit back, relax, have a drink and a bite to eat whilst our writers and performers share some of their own work. Interested in reading your work? Please drop us a line at headroom@jamiuk.org to join our list for the night.</p>
<p>Games Night Wednesday 16th October • 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 29th October • 14:00am – 15:00pm</p>	<p>Self care group for parents with babies. Share your parenting challenges and successes and nourish yourself with friendly conversation, coffee & cake. Private feeding and changing space available.</p>
<p>Shared Reading Tuesday 29th October • 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>Get Together Tuesday 29th October • 6.30 - 8.00pm</p>	<p>Do you have a passion for mental wellbeing and social activism? Be part of the dialogue on issues impacting young people in today's society and meet like-minded people from all walks of life. For 18-32 year olds.</p>
<p>Writing Group Wednesday 30th October • 3.00 - 4.00pm</p>	<p>Come and explore your creativity through writing poetry or prose with Alyson. No experience necessary.</p>
<p>Music Night Wednesday 30th October • 6.30 – 8.30pm</p>	<p>Our monthly music night is a fun and informal evening of sharing music. Bring an instrument, your favourite track or just yourself!</p>

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Weekly Groups in October

Monday

Kind Co-Working 3.30-5.30pm

No session 14/10, 21/10.

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

No session 1/10, 15/10, 22/10. Finishing at 16:00 on 8/10

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

No session on 9/10.

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.

Head Room Café, 89 Golders Green Road, London NW11 8EN Tel: 020 8248 8472

Facebook/Instagram/Twitter: @headroomcafe