



SIP. SHOP. SHARE

Head Room Cafe March 2020

Head Room Café, a Social Enterprise from Jami, is a fuelling-stop for both the body and mind. Here you will find a monthly programme of events and groups that support personal and communal wellbeing; a fresh, vibrant, Middle Eastern-inspired food and drinks menu; a relaxing space to take time out or to really talk about the important things. We bring mental health support and understanding to the high street. Our events and groups are free of charge and everyone is welcome.

LGBTQ+ Open Space Tuesday 1st March • 5:00 - 7:00pm	Hosted by Laviot on the first Sunday of each month. This is an opportunity for all LGBTQ+ people and friends to meet people over board games, arts & crafts, and interesting conversation.
Hot Topic: Sexism Tuesday 3 rd March • 7:00 - 8:00pm	In a society of #MeToo and the Everyday Sexism Project, we are more aware of the magnitude of sexism than ever before. Share your thoughts about sexism and the impact on wellbeing.
Time for Carers Wednesday 4 th March • 2.30 - 4.00pm	Take some time for yourself and meet other mental health carers, facilitated by Naomi, Jami's Carer Support Coordinator.
Games Night Wednesday 11 th March • 6.00 - 8.00pm	Play a board or card game and meet new people. We have a range of games to enjoy (Inc Trivial pursuit, Taki, Forbidden Island and more) or bring your own.
Writers' Open Mic Night Thursday 12 th March • 7:30 - 9:00pm	Sit back, relax and have a drink whilst our writers and performers share with you some of their own work. Interested in reading your work? Email headroom@jamiuk.org
Shared Reading Tuesday 24 th March • 4.30 - 5.30pm	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
Writing Group Wednesday 25 th March • 3.00 - 4.00pm	Explore your creativity through writing poetry or prose with Alyson. No experience necessary.
Music Night Wednesday 25 th March • 6.00 - 8.00pm	A fun & informal evening of sharing music. Bring an instrument, your favorite track or just yourself. If you're interested in getting involved, join our pre-session meeting at 17:00
Women's Rosh Chodesh Group Tuesday 26 th March • 10:00am - 12:00pm	Welcome each new Hebrew month with Jami's Rosh Chodesh Group.
Holistic Self Care Thursday 26 th March • 1.30 - 5.00pm	Book a private meeting with Tracy, Jami's fitness coordinator, to explore what self care and healthy lifestyle means to you. Booking essential- tracy.jacobs@jamiuk.org .

Weekly Groups

Monday

Kind Co-Working

New Time: 3.45-5.45pm

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 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 private chat with a Jami staff member to find out 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.

A SOCIAL ENTERPRISE FROM

Jami
The Mental Health Service for our Community

SUPPORTED BY


THE MAURICE WOHL
CHARITABLE FOUNDATION