

## **Self Care**





# Drop-In Hub

SW9 Community Housing in partnership with A.T.Beacon Project continues to provide free health & wellbeing services to all of the SW9 community on your doorstep.

Led by trusted professionals including nurses, doctors and mental health specialists, you are invited to come along for a tea and a chat, health check, talk about your worries and get the right support you need without judgment.

#### When?

Thursdays 2pm - 5pm Fridays 9.30am - 12pm

#### Where?

SW9 Learning Centre 153 Stockwell Road SW9 9FX (opposite the Skate Park)



Our members
speak many
languages
including Yoruba,
Igbo and
Jamaican Pataw

### Contact:

020 8329 9645 infobeaconproject@ascensiontrust.org.uk

