



MANJU SHAHUL-HAMEED FOUNDATION

For Mental Health

CALLING ALL COMMUNITIES

Manju Shahul-Hameed Foundation for Mental Health (MSF) focuses on spreading awareness about mental health in Croydon communities and fighting against the stigma surrounding it. Following are the FREE events for 2019. Please contact us if you wish to attend.

Event	Date	Time	Venue
Feeding the Homeless	5th Feb 2019	18.00	West Croydon Methodist Church
Laughter Yoga	16th Feb 2019	14.30 -16.00	St John the Evangelist, Upper Norwood
Mental Health Awareness	18th Feb 2019	12.00 - 14.00	Croydon BME Forum
Chinese New Year with Homeless	13th Feb 2019	12.00	West Croydon Methodist Church
Mental Health Awareness	2nd Mar 2019	14.00 - 15.30	South Norwood Library
Feeding the Homeless	5th Mar 2019	18.00	West Croydon Methodist Church
Intergenerational Care	12th Mar 2019	10.00 -15.00	Croydon College
Laughter Yoga	16th Mar 2019	14.30 -16.00	St John the Evangelist, Upper Norwood
Zumba	27th Mar 2019	12.00 -14.00	St Paul's Church – Thornton Heath
Mental Health Awareness	30th Mar 2019	14.00 -15.30	South Norwood Library
Feeding the Homeless	02nd Apr 2019	18.00	West Croydon Methodist Church
Mental Health Awareness	13th Apr 2019	14.00 -15.30	Stanley Halls, South Norwood
Easter with Homeless People	17th Apr 2019	14.30 - 16.00	West Croydon Methodist Church
Laughter Yoga	20th Apr 2019	14.30 - 16.00	St John the Evangelist, Upper Norwood
Mental Health Awareness	27th Apr 2019	14.00 - 15.30	South Norwood Library
Feeding the Homeless	7th May 2019	18.00	West Croydon Methodist Church
Laughter Yoga	18th May 2019	14.30 - 16.00	St John the Evangelist, Upper Norwood
Mental Health awareness	25th May 2019	14.00 - 15.30	Yeha Noha Café, South Norwood
Feeding the Homeless	4th Jun 2019	18.00	West Croydon Methodist Church
Eid with Homeless People	12th Jun 2019	14.30 -16.00	West Croydon Methodist Church
Laughter Yoga	15th Jun 2019	14.30 -16.00	St John the Evangelist, Upper Norwood
Dementia awareness	20th Jun 2019	12.00 -14.00	Croydon University Hospital
Feeding the Homeless	2nd Jul 2019	18.00	West Croydon Methodist Church
Stress Management	16th July 2019	12.00 -14.00	Norbury Library
Laughter Yoga	20th Jul 2019	14.30 -16.00	St John the Evangelist, Upper Norwood
Feeding the Homeless	6th Aug 2019	18.00	West Croydon Methodist Church
Laughter Yoga	17th Aug 2019	14.30 - 16.00	St John the Evangelist, Upper Norwood
Feeding the Homeless	3rd Sep 2019	18.00	West Croydon Methodist Church
Onam with Homeless People	4th Sep 2019	18.00	West Croydon Methodist Church
Laughter Yoga	21st Sep 2019	14.30 - 16.00	St John the Evangelist, Upper Norwood
Diwali with Homeless People	23rd Oct 2019	14.30 -16.00	West Croydon Methodist Church

Contact:

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