



# Hear Us Xmas Party & Wellbeing Event

**Tuesday 6th December from 1.30pm**  
**CVA, 82 London Road Croydon, Surrey CR0 2TB**

- Relaxation Room - Massages, Reflexology, Yoga, Manicures
- Activities - Crystal Palace Football Coach, Boxercise
- Live Music, DJ, Talent Show, Poetry Reading and more.....
- Festive Food & Drink (no alcohol)
- Social Inclusion Information stands
- Wellbeing and Healthy Living Stalls
- Raffle Prizes
- Music from 'Jules Phoenix and Remi F' & The Irregulars



FREE to anyone with an interest in Mental Health & Wellbeing



Email: [xmas@hear-us.org](mailto:xmas@hear-us.org) or Visit: [www.hear-us.org](http://www.hear-us.org)



**HEAR US WARMLY INVITES YOU TO OUR**

**Xmas Party &  
Wellbeing Event**

**at 1.30pm**

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CVA West Croydon**



**Croydon's Mental Health Service User Group: Charity No.1135535; tel: 020 8681 6888**