

Next Menu of Dragon Delights

at The Dragon Café, Monday 8 October 2012, 10 am - 8 pm
in the crypt of St George the Martyr Church, opposite Borough tube. Buses C10, 21, 35, 40, 133, 343

Relax & enjoy; look, listen & laugh; meet, munch & be mindful



- 10.00: Audio-Visuals & Short Films & Animations- showing on and off all day
Exhibition - No Man Is An Island charting the personal voyage of Mental Fight Club Founder, Sarah Wheeler, through mental illness
BILL MCKNIGHT, Acclaimed Guest Poet & Survivor reads from LOUD SILENCE, on and off, till 18.00: 'heartfelt, heart-breaking, searingly honest & beautifully crafted'
- 10.30 No Man Is An Island Banner-Making begins...
- 11.00 Some impromptu readings of Ben Okri's Mental Fight with images & music interleaved
- 12.00 Lunch is served including Dragon Soup, Spinach & Mushroom Quiche with salad, both with a freshly baked roll. Chickpea & Cauliflower Masaala serving up soon after
Body-Works: Free head, hand & foot massage begins - available 12.00 - 20.00.
- 13.00 Song-Works: Come Sing with Us - Simple Settings of Blake Songs led by musician, Julian Marshall, all welcome, runs 13.00 - 15.00.
- 15.30 CHANNEL ONE REGGAE: from Battersea's very own Sound Minds till 17.30 with breaks for open mic performers.
- 16.00 Book-Works, Writing-Works, Photo-Works: Groups meeting at our tables. All welcome
- 17.30 Mind-Works: 30 minute Mindfulness Session. All welcome.
- 18.00 A 'We Need to Talk About....' discussion led by Sarah Wheeler to mark World Mental Health Day 2013 on this year's theme: 'Depression: A Global Crisis'
- 19.00 DR STEWART, former Covent Garden street performer & presenter of Radio 4's Spoken Word, stands up to raise a smile, a titter or a roar
- 20.00 Close

*For more info, see www.dragoncafe.co.uk or email sarah@mentalfightclub.com
To join our virtual world, Dragon Connect, go to www.connect.dragoncafe.co.uk*