

mental

wellbeing

marketplace

Come and explore what's available in your area!

Local services and community groups want to share information about themselves. Come and check them out!

Find out about activities and services in Southwark that are free to access. Find out what's available to spend your personal budget on.

Meet the groups and people who run these services who can tell you all about what they do.

There will also be workshops on Self Advocacy (1.30-2pm) and Personal Budgets and Support Planning (2-2.30pm). If you would like to attend any of these workshops, please book a space by reserving a session ticket. Spaces are limited for these sessions.

**Where: Copleston Centre, Copleston Road, Peckham
SE15 4AN**

When: Wednesday October 24th

Time: 1:00-3:00 pm

Booking: www.mentalwellbeing.eventbrite.co.uk/

For more information or to book a workshop please contact Marcela or Elizabeth on **020 7732 5880** or email **mvielman@coplestoncentre.org.uk**