



**PRESENTS**  
**Black History Month**  
&  
**World Mental Health Day**  
**Celebrations**

2nd November 2018 at the  
Mind Hub, 48 Despard Rd, N19 5NW  
starting at 11:30am - 4:30pm

**Personal  
Journeys**

**2 Course Caribbean/African  
Meal Served at 1pm for £3.50**

**Blood pressure  
checks**

**Yoga at  
3:30pm**

**'Ticking out of the box'  
Play by Studio Upstairs  
Performance group led by  
E Kaptani.**

**Art  
Exhibition**

**Smoking  
Cessation advice**

**Poetry  
Readings**

**Solo performances**

**Live Music by  
Rhythm  
Explorers band**

**Sewing & Jewellery  
Exhibition**

**Carbon monoxide  
checks**

**CONTACT:  
020 7263 3397**

