

 **Mind Islington**

# **Mental Health Awareness Week**

**Wednesday 11th May**

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**11:30-3:30pm: Barbeque  
at Isledon Road. Join us  
for a free lunch, music,  
art, quizzes and games.**

**Thursday 12th May**

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**11:30-3:30pm: Buffet at  
Despard Road. Join us  
for a free lunch, art,  
quizzes and games.**



**The theme of Mental Health  
Awareness Week 2022 is  
'Loneliness'. To help combat  
loneliness we're organising two  
free events in our day centres.  
Please speak to a member of  
staff if you'd like to attend.**

**The usual drop-in will be closed  
on these dates, and no takeaway  
lunch will be offered. Please make  
sure to book if you'd like to come  
to the day centres on these dates  
as numbers are limited**