

Coming up at Carers Hub Lambeth...

Scroll down to find out about our relaxation and meditation session which will be on next week. Don't forget to book by email or by calling

020 7501 8974 because we have limited spaces available and **this is a one-off event.**

We would also like to hear from you if you are interested in joining a new support group for mental health carers which we hope will meet each month at 336 Brixton Road. It will be a confidential space where you can talk freely and listen to other carers share their experiences. We will start the group meetings when we have enough people who would like to come, so please tell us if you think this group would be helpful for you. Best wishes, *Ruth (Mental Health Carers' Advice, Support and Development Worker).*



Would you like to try relaxation and meditation under the guidance of an expert?

Carers Hub Lambeth are running a **meditation and relaxation** session for anyone who cares for someone with a mental illness. Food and drinks will be available afterwards and there will be time to talk and ask questions.

Meditation means intentionally focusing your mind on something for a period of time. Many people find it improves their concentration, mood and mental health. You don't need to have meditated before because our special guest Jane Sill from the Jamyang Buddhist Centre will offer guidance.

Wednesday October 7th 2015, 6 to 8 p.m.

Mosaic Clubhouse, 65 Effra Road, Brixton, SW2 1BZ

If you'd like to come please contact Ruth - 020 7501 8974

or ruthsamuel@souththamescrossroads.org