

Raising Our voices

Sharing perspectives of emotional wellbeing & distress in BME communities

Raising Our Voices is a vibrant day of celebration, sharing & discovery aimed at people from BME communities throughout London.

Through speakers, workshops and entertainment we will be exploring:

- Different understandings of mental wellbeing
- Ideas around emotional distress and recovery in different communities
- Different perspectives on voices, visions and other unusual experiences

The day will include:

Music * People speaking from their own experience * Spoken Word * FREE Complementary Therapies * Workshops * The chance to tell your story/share your experiences & views * Information on 'Hearing Voices' Groups and local organisations that may be of help * Practical info on recovery * A home-cooked hot meal and much, much more!

Friday 28th March 2008
10.30am – 4.15pm
Roots & Shoots, Walnut Tree Walk, London SE11 6DN
By Bus: Routes 3, 59, 159 and 260 pass nearby (Fitzalan Street stop).
By Tube: Lambeth North, Kennington, Elephant & Castle

Please note: Places are limited, so you need to book in advance

Booking Form

Name:

Contact Address:

Cost: Voice hearers/Service users/Unemployed: FREE, Paid Workers: £20

Name of attendee	Dietary reqs?	FREE?	£20?

Please return booking forms to: London Hearing Voices Groups Project, Mind in Camden, Barnes House, 9-15 Camden Road, London, NW1 9LQ.

Make cheques payable to 'Mind in Camden'.

Call (020) 7241 8979 or email LHVN@mindincamden.org.uk for more info