



Health & Wellbeing Hub @City Mission

supported by RAFFA
PRESENT

Self-Care for Health & Wellbeing 2014

Learn self-care skills for healthier lives

Featuring City Mission Gospel and Awareness Gospel Choirs

CALL 2 ACTION for African and Caribbean Communities

*Young people, Women,
Men, Elders*

Dialogues

Local Screening Services

Chats

Signposting

Pastoral Care

Forums

Consultations

Surveys

Summits

Topics

Interpretations

Workshops

**Brent, Hammersmith & Fulham,
Harrow and Hillingdon**

Health Information, Advice and Support:

Cancer, Dementia, Diabetes, Heart, Kidney,
Mental Health, Maternal Health, Nutrition, Prostate,
Sickle Cell, Safeguarding, Sexual Health Social Care,
Stress Reduction and Lots More!

Mission

"To raise awareness and improve understanding for
self-care & wellbeing"

Values

Collaboration trust respect

HEALTH & WELLBEING HUB

Access to integrated community and
primary care services

Saturday 29th

November 2014 2pm - 6pm

Free Entrance & Refreshments

City Mission
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Self Care Week
17-23 November 2014

Self care for life – be healthy this winter



NHS

www.selfcareforum.org