

2024 COMMUNITY LEARNING WORKSHOP EVENT

PEER SUPPORT CAFÉ

A WEEKLY DROP IN ON TUESDAYS WITH TALKS
AND ACTIVITIES AND GET TOGETHER



ABDUL MAGEED EDUCATIONAL TRUST



**STARTING TUESDAY THE 9TH OF JANUARY 2024 AND
EVERY TUESDAY UNTIL TUESDAY 18TH OF JUNE 2024**

LIGHT SNACKS AND REFRESHMENTS WILL BE PROVIDED



Community Space, Basement 2, Church Street
Library, 67 Church Street, London, NW8 8EU

Tube Station:

Edgware Road

Buses:

6, 16, 98

Nearest bus stop

Edgware Road

THE TUESDAY WORKSHOPS WILL INCLUDE:

- Business start up
- Living well on a budget
- Cost of living crisis and where to go for support
- Choosing the right business idea
- Free health check ups
- Confidence Building
- Healthy Eating 101
- Employability skills
- Eating for Energy
- Cultural Understandings of Mental Well Health
- Importance of immunisation
- Autism - Support and Insights on Being a Migrant
- Caring for your loved one: Challenges and solutions
- Concerns About Having a Normal Body
- Ways our Beliefs of Death and Survival Affect Us
- Introduction to mentoring
- Managing our unusual experiences
- Mindful Eating and Emotional Wellbeing
- Meal Prepping for Busy People
- The war-torn horn of Africa and immigration matters



Abdul Mageed Educational Trust in collaboration with the Community Fund National Lottery Awards for All are organizing PEER SUPPORT CAFÉ:

PEER SUPPORT CAFÉ

9th January - 18th of June 2024 Every Tuesday

LIGHT SNACKS AND REFRESHMENTS WILL BE PROVIDED

Date	Time	Name of Tutor	Topic
09/01/2024	11-12	Naja Haja Dagarti Interpreter: Naglaa Sadik Ahmed Mustafa	Business start up
16/01/2024	11-12	Nana Asante	Living well on a budget
23/01/2024	11-12	Nana Haja Dagarti Interpreter: Dr Zeina Eid	Types of businesses
30/01/2024	11-12	Nana Asante	Cost of living crisis and where to go for support
06/02/2024	11-12	Nana Haja Dagarti Interpreter: Dr Zeina Eid	Choosing the right business
13/02/2024	11-2	Dr Kong, Ethie	Free health check ups
20/02/2024	11-12	Nana Asante	Confidence Building
27/02/2024	11-12	Claudine Thornhill	Healthy Eating 101: The fundamentals of a balanced diet
05/03/2024	11-12	Nana Asante	Employability skills
12/03/2024	11-12	Claudine Thornhill	Eating for Energy: How to eat to feel vibrant and overcome fatigue.
19/03/2024	13:00-14:00	Dr Natalie Tobert	Cultural Understandings of Mental Well Health
26/03/2024	12-14	Shena Patel	Importance of immunisation
02/04/2024	11:00-12:00 13:00-14:00	Najat Mukhtar Dr Natalie Tobert	Autism Support and Insights on Being a Migrant
09/04/2024	12:00-13:00	Najat Mukhtar	Caring for your loved one: Challenges and solutions
16/04/2024	13:00-14:00	Dr Natalie Tobert	Concerns About Having a Normal Body
23/04/2024	12-14	Shena Patel	Importance of immunization
30/04/2024	11-13	Benjamin May. Founder and Global Lead of the New Normal Charity	Bereavement and Peer Support
07/05/2024	13:00-14:00	Dr Natalie Tobert	Ways our Beliefs of Death and Survival Affect Us
14/05/2024	11-12	Dr Hailu Hagos	Introduction to mentoring
21/05/2024	13:00-14:00	Dr Natalie Tobert	Managing our unusual experiences
28/05/2024	11-12	Claudine Thornhill	Mindful Eating and Emotional Wellbeing: Mindful eating techniques and the connection between emotional well-being and diet.
04/06/2024	11-12	Claudine Thornhill	Meal Prepping for Busy People: How to plan and prepare nutritious meals in advance with a busy schedule.
11/06/2024	11-12	Dr Hailu Hagos	The war-torn horn of Africa and immigration matters
18/06/2024	12-14	Shena Patel	Importance of immunisation

MORE INFO AT WWW.AMET.ONLINE

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