

24 Holmewood Gardens

London SW2 3RS

[www.southlondoninterfaith.org](http://www.southlondoninterfaith.org)

Dear all,

We write to invite you to this year’s South London Interfaith Group annual 'Remembrance' event, which will be held on Sunday 19th November 2017, from

1 pm to 6 pm, with lunch and tea provided. Our chosen inter faith theme this year is **'Trauma, Mental Health and Well-being'**.

Please do join us,to participate in this event and learn more about how trauma  impacts on people’s lives and how people can recover, develop resilience, and experience growth. We will also have some display and information stands at the start of the event and following the formal part of the meeting, there will be lively interactive discussions and practical exercises, as well as, some one to one conversations at our human library.

The outline of the programme for the event is below, including, venue details and information about transport links and car parking:

**Venue**:  **Eritrean Muslim Community Association (EMCA), Al-Nagashi**

**Centre, 282 -291 Wandsworth High Road, Vauxhall** **SW8 2ND** [**www.emca.org.uk**](http://www.emca.org.uk)

**Outline of the Programme**:

**Beginning:** Please join us for traditional Eritrean and vegetarian food**.**

**13:00 to 14:15:**  Welcome lunch and displays and information stands and

 Networking

**14.15 to 14.20:**  Welcome to the EMCAby Abdulakadir H Bider - Chairman of Trustees

**14.20 to 14.25:** Opening Remarksby Phill Cotgreave de Rahman - Secretary for South London Interfaith Group

**14.25 to 14.40:**  Key note presentation by Hilary Garraway (Consultant Clinical

  Psychologist) - National Spirituality and Mental Health Forum

**14.40 to 14.50:**  Questions, answers and brief comments from event participants PTO

**14.50 to 15.10:**  Prayers from the different Faith traditions followed by 2 mins silence.

**Group activities and a human library**
**15.20 to 16.50:** Improving Mental Health & Wellbeing  and reducing the impact of Trauma e.g. Discussion; Wheel of Wellbeing; Massage; Yoga; Meditation; Adult & Children's Play ; Poetry/Creative writing/ Music and a Human Library.

**17.00 to 18.00:** Thank you. Please stay and enjoy a *‘*Peace of Cake Together’ – [www.peaceofcaketogether.org](http://www.peaceofcaketogether.org) Share tea, cake and a chat. Cake donations most welcome. **End.**

**Public Transport Links & Car Parking**: The nearest tube or railway station is Vauxhall and then take a bus from Vauxhall towards Clapham Junction; bus numbers: 77, 87, 196, or 452 towards Brixton or Clapham Junction. Alight at ‘Landsdown Green’ bus stop, just past the EMCA, Al-Nagashi centre. Or alternatively, from Clapham Junction, via bus, going towards Elephant & Castle, Parliament Square & Waterloo, bus numbers: 77, 87,196 or 452 and alight at a bus stop of the same name, ‘Landsdowne Green’, and walk 3minutes toward Vauxhall. The venue is then on the opposite side of the road. Car parking is free on Wandsworth Road on a Sunday. There is parking in some of the adjacent roads also..

**Please RSVP by contacting one of the organizers who can also provide further information by 19th October 2017 to assist us with the catering arrangements.**

\* In keeping with the tradition of the EMCA we ask everyone to dress modestly and be prepared to remove your shoes inside the centre. Scarves are optional for women.

Yours faithfully,

Sheila, Maureen, Damon and Phill

On behalf of the South London Interfaith Committee

RSVP to one of the organizers:

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\* **Maureen Johnson** - Tel: 07968 672878

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