

Welcome Café



Skylight Welcome Café offers a safe, friendly and non-judging space to talk about mental health issues with people who get it.

- Have any questions?
- Need someone to run things by?
- Want to share ideas / experiences with others?
- Or just want a cuppa and cake?

Every Monday 10.30am – 12.30pm
11th September to 6th November
(excluding 2nd Oct) *Gold coin donation appreciated*

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