

**Tea and coffee,
optional activities such as board
games, sewing and craft, and a light
buffet lunch for £1.50**

You can expect:

- *A warm welcome without referral*
- *To come and go as you please*
- *A listening ear from our volunteers when you want to talk*
- *A place that will accept you as you are*
- *Clear and respectful guidelines*
- *Opportunities to have a say in the running of the group*

Most of our volunteers are members of Christ Church, but we are an open group and welcome members of all faiths and none.

Many, but not all, of the volunteers who staff the Drop-In have personal experience of mental health problems – either their own or those of a loved-one.

As we seek to support each other, our emphasis is on concern for each other first and foremost as individuals, not our mental health status.

If you would like to know more, please contact Judy via the Church Office:

020 8763 8291

or

office@christchurchpurley.org.uk



**We are affiliated to the Croydon
Association for Pastoral Care in
Mental Health**

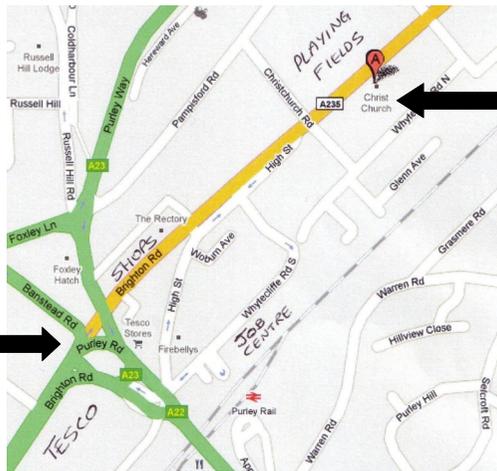
A Women's Drop-In for
those experiencing



Mental Health problems.

We offer a welcome to any woman
who has, or is recovering from,
mental illness or distress.

Open every Monday, except public
holidays, in the Philippi Lounge at
Christ Church, Purley between
12.30pm and 2.30pm.



We are here:
Christ Church

We're opposite the Rotary Field and
Christ Church Primary School.

Bus stop is called 'Montpelier Road'



The

Lounge can be accessed from the Brighton
Road.

Walk down the right hand side of the
Church then turn left through the gate.

From Whytecliffe Road North, go through
the pedestrian access then turn right
through the gate.

Brighton Road • (Between 861 & 863) •
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T: 020 8763 8291

E: office@christchurchpurley.org.uk

W: www.christchurchpurley.org.uk

Reg Charity No. 1133205