



# HEAR US OPEN MEETING

CROYDON'S MENTAL HEALTH SERVICE USER GROUP

All welcome  
Refreshments  
Provided

Tuesday 6<sup>th</sup> September  
at 1pm  
CVA West Croydon  
82 London Road  
Croydon CR0 2TB

## 1. LAUGHTER WORKSHOP

De-stress...lift  
your mood...HAVE  
FUN with laughter  
yoga Discover new  
ways to laugh!



## 2. FOCUS GROUP "GP's & Mental Health"



Does  
YOUR GP  
care about YOUR  
Mental Health?

Contact  
Hear Us  
020 8681 6888  
jane@hear-us.org

Come and have a laugh!  
with Hear Us & John Hipkiss  
(aka Laughing John)  
Featured on BBC 1 Breakfast  
[www.teambuildinglaugh.co.uk](http://www.teambuildinglaugh.co.uk)



'ONE SMALL STEP FOR SERVICE USERS AND ONE GIANT LEAP FOR SERVICE USER-KIND'