



Support Sessions and Information Meetings will run fortnightly on Thursdays, 12:00pm to 2:30pm unless otherwise stated.

Workshop dates January to December 2019:

Months 2019	Harrow sessions	Shepherd Bush sessions
January	10th	31st
February	7th	28th
March	7th	28th
April	4th	25th
May	RAMADAN	
June	RAMADAN	27th
July	4th	25th
August	8th	29th
September	5th	26th
October	3rd	31st
November	7th	28th
December	5th	End of year

Contact Abdi Gure – Hayaan Project Coordinator
 Tel: 0208 515 7850
 Email: a.gure@mindinharrow.org.uk
 Address: See below

HAYAAN PROJECT

(Moving to a Better Place)



www.mindinharrow.org.uk

Mind in Harrow, First Floor, 132 - 134 College Road,
 Harrow, Middlesex, HA1 1BQ

Tel: 020 8426 0929 Email: info@mindinharrow.org.uk

Registered Charity No 1067480 | Registered Company No 3351324



Harrow

The Hayaan Project Aim

- Support and Train Volunteers to become **Peer Educators** to provide support to the wider community.
- Help reduce the sense of isolation experienced by Somalis with Mental Health problems.
- Help increase well-being and self-confidence of Somali Mental Health service users.
- Provide advocacy and interpreting support to Somali Mental Health service users, to help them understand and access Mental Health and other social care services.

HAYAAN PROJECT (Moving to a Better Place)



Peer Educators will help arrange 2 sessions a month to support members of the Somali Community affected by mental health issues.

HARROW VENUE – Healthy Living Centre,
The Wealdstone Centre, 38-40 High Street, Harrow
HA3 7AE

SHEPHERD BUSH VENUE – 202 Uxbridge Road, W12
7JP



Support Meetings

- Discuss available Support Services
- Issues affecting the Somali Community
- Advocacy

Information Sessions

- Presentation from Professionals e.g. Local Support Services
- Signposting
- Sharing the Somali Cultural Perspective with professionals
- Discuss Mental Health in the Somali Community

Advocacy means

Advocacy is taking action to help people say what they want, ensure their rights, present their interests and obtains services they need.

Lunch and refreshments will be provided at every session!

Olole Isdedel 'Campaigning for Change' Jan14

The Hayaan Project is running a new Campaign called 'Olole Isdedel', which aims to improve experiences of the Somali Community in Harrow and surrounding areas of access to mental health services and response by the criminal justice system. There is a separate leaflet for the Campaign.

