

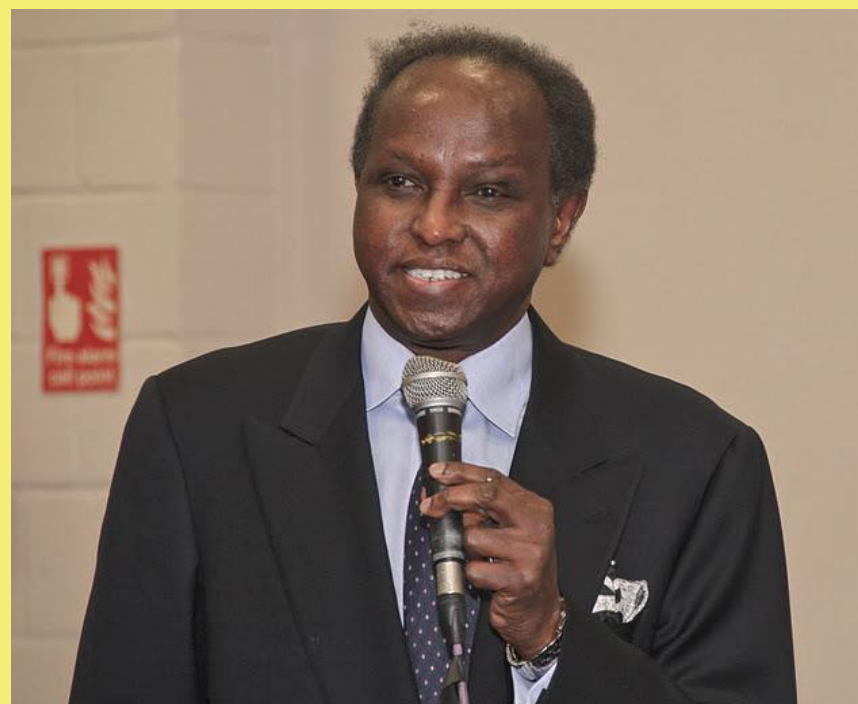
Support Sessions and Information Meetings will run fortnightly on Thursdays, 12:00pm to 2:30pm unless otherwise stated.

Workshop dates January to December 2023:

Months 2022	Harrow sessions	Shepherd Bush sessions
January	5 th	19 th
February	2 nd	23 rd
March	4 th	No session
May	4 th	18 th
June	1 st /29 th	15 th
July	27 th	13 th
August	10 th	25 th
September	7 th	21 st
October	5 th	19 th
November	2 nd /30 th	16 th
December	No session	14 th

Contact Abdi Gure – Hayaan Project Coordinator
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HAYAAN PROJECT **(Moving to a Better Place)**



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. Lunch will be provided at every session.

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

SHEPERDS BUSH – 202 Uxbridge Road, London,
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
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Advocacy means

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

Olole Isdedel ‘Campaigning for Change’ Jan14

The Hayaan Project is running a new Campaign called ‘Olole Isbedel’, 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.