

Monday Champions Cafe

AfC Parent Carer Champions Network

(September 2024 to August 2025)

Mondays (Except Bank Holidays)

11am to 1pm: PARENTS only: Mindfulness for parents

12pm to 1pm: PARENTS only: Parent Group coffee, cake and chat

1.30pm to 3.30pm: GENERAL COMMUNITY OFFER open to ALL

Monday Champions Cafe

Free refreshments, opportunity to socialise, obtain advice on cost of living support, food bank, wellbeing activities and much more.

Richmond Food Bank

Means tested, e-voucher required.

Monday Champions Cafe Food Bank, City Harvest

Registration required only once on first attendance. Non means tested, there to support families and individuals with no or on low income.

Parent Champions Cafe is at the Powerstation Youth Centre, 121a Mortlake High St, London SW14 8SN.

For any further enquiries or advice please contact:

E: sanya.walker-batson@achievingforchildren.org.uk

T: 07761 448348

