

# 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**

**1pm to 3pm: GENERAL COMMUNITY OFFER open to ALL**

**1pm to 3pm: Monday Champions Cafe**

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

**1pm to 2.30pm: Richmond Food Bank**

Means tested, e-voucher required.

**1.30pm to 3pm: 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:

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