



M.A.S.H
Mentoring & Advocacy Support Hub



PRESENTS

Free Meet & Eat Sessions

**GOOD FOOD. GREAT PEOPLE.
UNFORGETTABLE CONNECTIONS**

We offer free buffet meals at several restaurants across Birmingham.

Meet & Eat will help to alleviate isolation and loneliness.

Interested?

The sessions will be open to anyone with lived experience of mental health issues, their carers, friends, and support staff from a wide range of organisations and agencies.



Where will sessions take place?

The Meet & Eat events will take place monthly at various locations in Birmingham, trying out different foods from around the world including Caribbean, Chinese, Asian, African, Mediterranean, and more.

The MASH Programme is incubated by:



Catalyst 4 Change
African & Caribbean Mental Health Hub

Email Clive via: clive.coley@catalyst4change.org.uk

SO, WHAT IS MEET & EAT?

It is simply about enjoying relaxed evenings with good food and company, helping to alleviate isolation and loneliness, while sampling fine multicultural cuisine from around Birmingham, Sandwell and, eventually, the wider Black Country.



Meet & Eat Hardship Fund

Meal costs are free but for attendees experiencing financial difficulties the Hardship Fund will contribute towards local travel costs.

Contact our team to discuss travel needs



WHO CAN ATTEND?

The sessions will be open to anyone with lived experience of mental health issues, their carers, friends, and support staff from a wide range of organisations and agencies.

Accompanying support staff, friends or family members will be asked to donate £10.00 toward the cost of their own meal.

HOW TO BOOK!

If you are interested in attending a meal session, please complete the Meet & Eat online booking form via our website: www.mashub.org.uk/eatingout

Alternatively, contact Clive Coley at clive.coley@catalyst4change.org.uk or via mobile number 07599 295 265

Numbers at each session will be limited. This will be stated on the booking form.

