



MANNA CENTRE

12 Melior Street, London SE1 3QP

Tele: 020 7357 9363

www.mannasociety.org.uk

OPEN SEVEN DAYS A WEEK

8.30am – 1.30pm

ALL SERVICES ARE FREE

DAILY SERVICES (7 days a week):

FOOD: Breakfast & Lunch

SHOWERS: Soap & Towels provided

HOUSING AND WELFARE ADVICE

(Monday to Saturday)

ADDITIONAL SERVICES:

MONDAY:

10.00 Clothing Store (BY TICKET ONLY)

10.30 – 1.00 Access to computers

TUESDAY:

10.00 - 12.00 Chiropodist (1st & 3rd Tuesdays)

10 – 11.30 Mental Health surgery (2nd & 4th Tues)

10.30 – 1.00 Access to computers

WEDNESDAY:

10.00 Clothing Store (BY TICKET ONLY)

10.00 - 1.00 Osteopath

10.30 – 1.00 Access to computers

THURSDAY:

9.30–1.00 Advice for Refugees & Migrants

10.30 – 1.00 Access to computers

FRIDAY:

9.00 - 1.00 Nurse

10.30 – 1.00 Access to computers

SUNDAY:

10.00 Clothing Store

(2nd & last Sunday of every month Oct – Apr)