

Manna Centre services – July 2022

- Breakfast
- Lunch
- Housing & Welfare Advice in-centre appointments
- Shower & washing facilities
- Change of clothing (2nd hand) – Monday & Wednesday. First 30 people with tickets will be seen.
- Housing & Welfare Telephone Helpline 020 7403 1931 - option 1 (Monday to Friday 10am – 1pm)
- Medical services (Weekly Nurse + Mental Health + Migrant advice surgeries)
- Mobile phone charging (Monday to Friday)

ALL SERVICES ARE FREE 😊