



**MANNA CENTRE**  
*12 Melior Street, London SE1 3QP*  
**Tele: 020 7357 9363**  
**[www.mannasociety.org.uk](http://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**

**MOBILE PHONE CHARGING (Mon to Fri)**

**HOUSING AND WELFARE ADVICE**  
**(Monday to Thursday)**

**ADDITIONAL SERVICES:**

**MONDAY:**

**9.00am-12.00noon Nurse**  
**9.30am-1.30pm Housing & Welfare advice surgery x 2**  
**10.00am-10.45am Clothing Store (BY TICKET ONLY)**  
**10.30am-1.00pm Access to computers**

**TUESDAY:**

**9.30am-1.30pm Housing & Welfare advice surgery x 2**  
**10.00am-11.30am Mental Health surgery**  
**10.00am-1.00pm Chiropodist - FORTNIGHTLY**  
**10.30am-1.00pm Access to computers**

**WEDNESDAY:**

**9.00am-12.00noon Nurse**  
**9.30am-1.30pm Housing & Welfare advice surgery x 2**  
**10.30am-1.00pm Access to computers**

**THURSDAY:**

**9.30am-1.30pm Housing & Welfare advice surgery x 2**  
**10.30am-1.00pm Access to computers**

**FRIDAY**

**9.00am-12.00 noon Nurse**