



**SPEAR**  
*homelessness to independence*

# HEALTH & WELLBEING DAY

*for people experiencing homelessness or seeking asylum*



Thursday 6 February  
10am - 2pm



**Ichthus Southcroft**  
276 Mitcham Lane,  
Streatham, SW16 6NU

Services include:

- Free breakfast and lunch
- General health advice
- Substance abuse support
- Oral hygiene advice
- Hairdresser
- Emotional wellbeing
- NHS liver fibroscan
- And much more!

You do not need to be registered with a GP, have proof of address or immigration status.



For help with travel costs, contact SPEAR on 07773 036612

