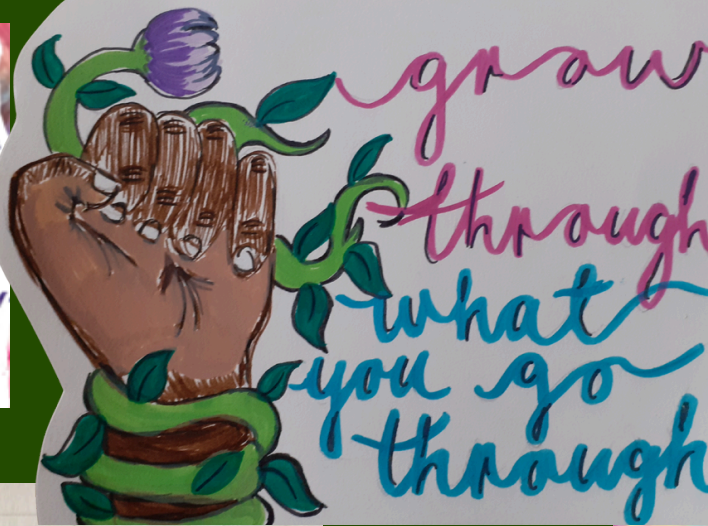
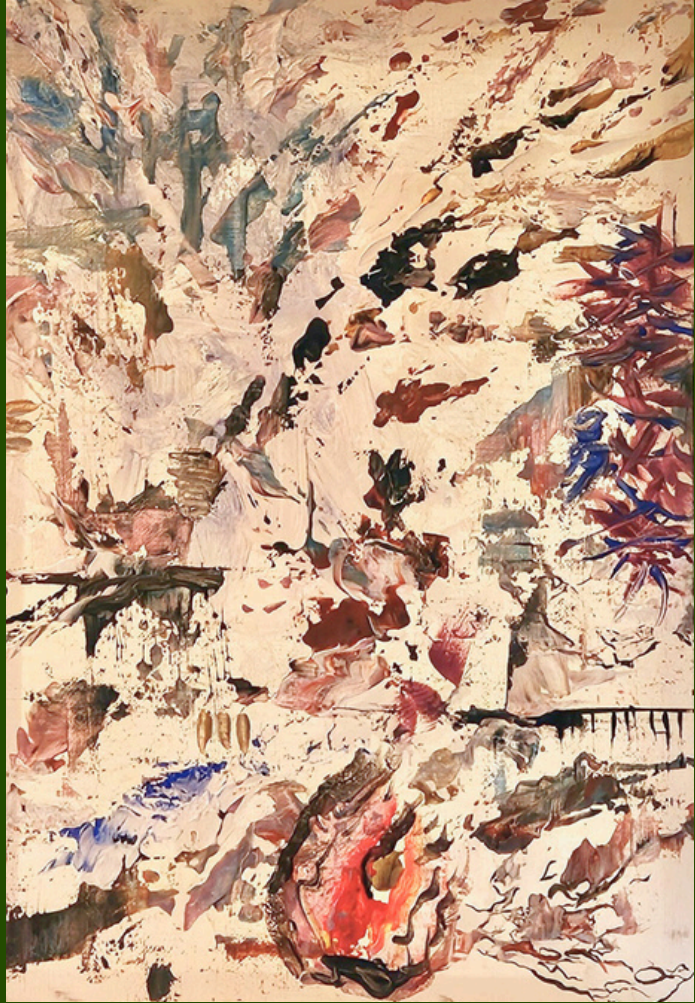


# Co-Production Newsletter

## Power and Pride in community



Indeed, the world is full  
of dark places. But  
without dark, you can  
not see the stars.

EMPATHY  
EQUALS  
HOPE

HFEH Mind hosted its first community event inspired by this year's Black History Month theme of Power and Pride. This event brought together local organisations and artists to inspire creativity and hope. The following artworks have been created by our service users, staff and artists Sara Cerovic and Wiktorja Figurska.

### ‘Flipping the script’ on harmful narratives

November is Islamophobia Awareness Month. This year's theme is ‘Flip the Script’. Together, we can challenge misconceptions and stereotypes around Muslim communities. We will be hosting an upcoming event, with Afghan and Central Asian Association. This is an interfaith event open to all and hopes to build bridges across communities.

Join us on Thursday 20th November at 2-6pm at Ferdowsi Hall at Afghan and Central Asian Association, Unit 9, Griffin Centre, Staines Road, Feltham, TW14 0HS.

### What's next...?

Our next focus group to help shape our new co-production service for 18-25 year olds is on **Monday 24<sup>th</sup> November 1:30-3:30pm**. If you are interested in attending, contact the email below. Participants will receive a **£10 gift voucher** as a thank you!

For more information contact: [haveyoursay@hfehmind.org.uk](mailto:haveyoursay@hfehmind.org.uk)

 **Mind** Hammersmith, Fulham, Ealing and Hounslow