

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Open for Thinking Well service members only.	Walking Group (Meet at Lewes Train Station) 11am - 1pm ***** Nature walk to Southease 6th June	Outdoor Community Support Group 11am-12-30pm The Grange Gardens (Meet by the big tree in the middle of main grassy area)	Creative Group 11am - 12-30pm	Cooking Group 11am - 2pm
Afternoon	Open for Thinking Well service members only.	(Meet at Lewes Train Station) 11am - 2pm *****		Men's Group 2pm - 3pm	

Please note: In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. If you need support, information or you are struggling to cope, please feel free to call our centre during our opening times for support either by asking if they have availability to see you in person or over the phone. ***We are closed on Bank Holidays**