

# Lewes Wellbeing Centre Timetable

Open: Tuesday-Friday 10am-3pm,

March 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Open for Thinking Well service members only.	Walking Group (Meet at Lewes Train Station) 11am - 1pm	Wellness toolbox 13th, 20th and 27th March 11am—12-30pm	Creative Group 11am - 12-30pm	Cooking Group Registration required 11am - 2pm
Afternoon	Open for Thinking Well service members only.		New referral drop in 20th March 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**

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[www.southdown.org/wellbeingCentresESCN](http://www.southdown.org/wellbeingCentresESCN)