

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Open for Thinking Well service members only.	<p>Walking Group (Meet at Lewes Train Station) 11am - 1pm</p> <hr/> <p>Nature walk at Stanmer Park (Meet at Falmer Train Station) 14th May 11am - 2pm</p> <hr/>	Wellness toolbox 11am—12-30pm	Creative Group 11am - 12-30pm	<p>Community Support drop in 3rd, 10th, 17th and 31st May 11am - 1pm</p> <p>Cooking Group Registration required 24th May 11am - 2pm</p>
Afternoon	Open for Thinking Well service members only.	New referral drop in 21st May 2pm - 3pm	Centre Closed		

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**