

Lewes Wellbeing Centre Timetable

Open: Tuesday-Friday 10am-3pm,

March 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Open for Thinking Well service members only.	Walking Group Meet at Lewes Train Station 11am - 1pm	5 Ways to Wellbeing 11am - 12-30pm	Creative Group 11am - 12-30pm	Cooking Group 11am - 2pm
Afternoon	Open for Thinking Well service members only.	Client Meeting (Tuesday 28th March) 2pm - 3pm			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 or information or you are struggling to cope, please feel free to attend or call our centre during our opening times and a member of staff will be happy to provide assistance when they are available.

Address: 47A Western Road, Lewes, East Sussex, BN7 1RL

Phone: 01273 472453 **Email:** leweswellbeingcentre@southdown.org



@eastsussexwellbeingcentres

www.southdown.org/wellbeingCentresESCN