

## Wednesday

## Thursday

Morning

### Wellness Toolbox

10am - 11am

### Quiz

11am - 11.30am

### Creative Group

11.30am - 1pm

Afternoon

### Have Your Say with Rebecca Shama

Date: 25th  
12:30pm– 1:30pm

Morning

### ONLINE Community drop-in

11am-12pm

(run by Wellbeing Centre staff)

\*Ask staff for link/codes to  
access

Afternoon

If you need support, information or you are struggling to cope, please feel free to call our Lewes Wellbeing Centre during our opening times to enquire or ask for support in person or over the phone. \*We are closed on Bank Holidays

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

**Twitter:** @eastsussexwellbeingcentres

**Email:** leweswellbeingcentre@southdown.org

**Website:** www.southdown.org/wellbeingcentresESCN