

	Wednesday	Thursday
Morning	<p><b>Wellness toolbox</b> Dates: 14th, 21st &amp; 28th 10am - 11am</p> <p><b>Social Space</b> Date: 7th 10am-11am</p> <p><b>Music group</b> Date: 7th 11am—12pm</p> <p><b>Crafting with Clare</b> Date: 7th 12pm-1pm</p> <p><b>Quiz</b> Dates: 14th, 21st &amp; 28th 11am - 11.30am</p> <p><b>Creative Group</b> Dates: 14th, 21st &amp; 28th 11.30am - 1pm</p>	<p><b>ONLINE Community drop-in</b> 11am-12pm (run by Wellbeing Centre staff) *Ask staff for link/codes to access</p>
	<p><b>Southdown Mental Health Service redesign Update Meeting</b> Date: 28th Start time: 1:30pm</p>	
Afternoon	<p>If you need support, information or you are struggling to cope, please feel free to call our helpline on 01323 426000 or visit our website <a href="https://www.southdown.org">www.southdown.org</a> during our opening times to enquire or ask for advice. There is always someone here to help you. *We are closed on Bank Holidays</p> <p><b>Address:</b> 47A Western Road, Lewes, East Sussex, BN7 1RL <b>Email:</b> <a href="mailto:leweswellbeingcentre@southdown.org">leweswellbeingcentre@southdown.org</a> <b>Website:</b> <a href="https://www.southdown.org/wellbeingcentres">www.southdown.org/wellbeingcentres</a></p>	<p>If you need support, information or you are struggling to cope, please feel free to call our helpline on 01323 426000 or visit our website <a href="https://www.southdown.org">www.southdown.org</a> during our opening times to enquire or ask for advice. There is always someone here to help you. *We are closed on Bank Holidays</p> <p><b>Address:</b> 47A Western Road, Lewes, East Sussex, BN7 1RL <b>Email:</b> <a href="mailto:leweswellbeingcentre@southdown.org">leweswellbeingcentre@southdown.org</a> <b>Website:</b> <a href="https://www.southdown.org/wellbeingcentres">www.southdown.org/wellbeingcentres</a></p>