

	Wednesday	Thursday
Morning	Wellness toolbox Location: Lewes WBC 10am - 11am Quiz Location: Lewes WBC 11am - 11.30am Creative Group Location: Lewes WBC 11.30am - 1pm	
Afternoon	Cake and chat involvement group Date: 22nd 1.15pm - 2.15m	ONLINE Community drop-in 2pm - 3pm (run by Wellbeing Centre staff) *Ask staff for link/codes to access

If you need support, information or you are struggling to cope, please feel free to call our centre during our opening times to enquire or ask if there is any availability to be seen in person or over the phone. *We are closed on Bank Holidays

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