

	Wednesday	Thursday
Morning	<p><b>Wellness toolbox</b> Location: Lewes WBC 10.30am - 11:30am</p> <p><b>Quiz</b> Location: Lewes WBC 11.30am - 12pm</p>	
Afternoon	<p><b>Creative Group</b> Location: Lewes WBC 1pm - 2.30pm</p>	<p><b>ONLINE Community drop-in</b> 2pm - 3pm (run by Wellbeing Centre staff)</p> <p>*Ask staff for link/codes to access</p>

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

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

@eastsussexwellbeingcentres

**Email:** leweswellbeingcentre@southdown.org

[www.southdown.org/wellbeingCentresESCN](http://www.southdown.org/wellbeingCentresESCN)