

**Wednesday**

<b>Morning</b>	<p><b>Q&amp;A with UOK about the Wellbeing Centres</b>          Hosted by: Stuart Reid (Lead Provider)          Supported by: a Senior Southdown manager          Date: 5th February          Time: 9:30am - 10:30am</p>
	<p><b>Wellness toolbox</b>          5th          10.30am - 12pm          12th, 19th, 26th          10.30am - 11.30am          Location: Lewes WBC</p>
	<p><b>Creative Group</b>          12th, 19th, 26th          11.30am - 12.30pm          Location: Lewes WBC</p>
<b>Afternoon</b>	<p><b>Afternoon Community Groups</b>  <b>Location:</b> All Saints Centre,          Friar's Walk,          Lewes,          East Sussex BN7 2LE</p>
	<p><b>Bring your own art group</b>          1.30pm - 3.30pm</p>
	<p><b>Social drop in</b>          1.30pm - 3.30pm</p>

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

**@eastsussexwellbeingcentres**

**Email:** leweswellbeingcentre@southdown.org

**www.southdown.org/wellbeingCentresESCN**