

# Lewes Wellbeing Centre Timetable

Open: Tuesday-Friday 10am-3pm,

September 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Open for Thinking Well service members only.	Walking Group Meet at Lewes Train Station 11am - 1pm	Wellness toolbox 11am - 12-30pm	Centre Closed	Creative Group 11am - 12-30pm
Afternoon	Open for Thinking Well service members only.				Community Support drop in 1pm - 2pm

**Please note:** In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. If you need support, information or you are struggling to cope, please feel free to call our centre during our opening times for support either by asking if they have availability to see you in person or over the phone. **\*We are closed on Bank Holidays**

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

Phone: 01273 472453 Email: leweswellbeingcentre@southdown.org



@eastsussexwellbeingcentres

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