

Lewes Wellbeing Centre Timetable

August2024

Open: Tuesday-Friday 10am-3pm,

	Monday	Tuesday	Wednesday	Thursday	Friday
KIOHIII	Open for Thinking Well service members only.	Walking Group Meet at Lewes Train Station 11am - 1pm	Wellness toolbox 11am - 12-30pm		Creative Group 11am - 12-30pm
Airellioon	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

f