

Wednesday	
Morning	<p><b>Wellness toolbox</b> <b>Date: 4th, 11th and 18th</b> 10.30am - 12pm Location: Lewes WBC</p>
	<p><b>Creative Group</b> <b>Date: 11th and 18th</b> 12pm - 1pm Location: Lewes WBC</p>
	<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: 4th December Time: 12pm - 1pm</p>
Afternoon	<p><b>Café Drop In</b> <b>Date: 4th, 11th and 18th</b> 2.30pm - 3.30pm Location: Southdown sports club, Cockshut Rd, Lewes BN7 3PR</p>

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