

SUPPORT AND WELLBEING

INTERACTIVE WEEKLY ZOOM GROUPS

Wednesdays

9:30am to 10:30am

Fresh from the Hub- Baking Live!

11am to 11:45am

Wellbeing Wednesdays

1:30pm to 2:30pm Creative Writing

Thursdays

9:30am to 10:15am Journal writing

11am to 11:45am Let's QUIZ together

1:30pm to 2:30pm

Afternoon art

For more information or to request the link to any of our zoom groups,

please call 01254 287009 or email- wellbeing.elh@nhs.net