

# COMMUNITY WELLBEING CAFÉ

A safe, inclusive space  
for people with  
mental health  
challenges

Tuesdays  
2pm - 4pm  
From 29 October 2019

St Saviour's Church Hall  
Spencer Road  
BN21 4PA

WHEN

WHERE

A place to sit, chat, meet  
new people, engage in activities  
or just sit and be alone. An opportunity  
to share life experiences. Providing  
a listening ear, refreshments and  
signposting to other services.

Open to all - just turn up!  
For people of any faith  
or no faith.

WHO

The **Wellbeing Café** is a social initiative  
to meet the needs of the Community,  
supported and run by St Saviour's Church  
In partnership with Together in Sussex  
and East Sussex County Council.

ST SAVIOUR'S  
EASTBOURNE  
St Saviour's Church Hall  
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