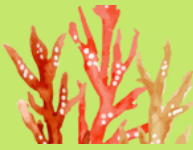




# Wellbeing **SUMMER** Newsletter



## ***Recent Updates***

- The Men's Support Group 'ChatManDo' has started at West Norwood Library every Tuesday 6:30pm - 8pm (except the last Tuesday of the month). Please spread the word!
- We have a one-off death cafe event coming up on October 4th from 2pm - 4pm at the Royal Trinity Hospice, Clapham Common in their beautiful room overlooking the stunning garden.
- The Menopause Support Group is currently online only, every 2nd Monday of the month.
- Our Bereavement Help Point is, as usual, held every Thursday from 2pm - 4pm at West Norwood Library.
- Our Stretch and Connect group, as usual, held every Thursday from 2pm - 2:45pm at Emmanuel Church West Dulwich.
- We have new dates for the Maternal Journal Workshop, starting for 6 weeks from October 2nd. The new venue is Sunnyhill Children's Centre Streatham.



**We are now on Instagram!**  
Follow us  
**@centre70\_**  
for updates about our  
**Wellbeing Service**

**Contact Us:**

**[wellbeing@centre70.org.uk](mailto:wellbeing@centre70.org.uk)**

**020 8670 2775**

**[www.centre70.org.uk](http://www.centre70.org.uk)**