

How are you feeling today? YOUR WELLBEING MATTERS



**Have you noticed a change in
your emotional wellbeing?**

**Have the last 18 months
left you feeling isolated?**

**Maybe you'd simply
like a cuppa and chat?**

**We invite you to drop into our friendly community
mental health information and advice forums:**

Hungate Church (Beccles)

1-3pm - every 3rd Monday of the month

Recycled Weasel (Bungay)

1-3pm - every 4th Monday of the month

Boston Lodge (Lowestoft)

1-3pm - every 2nd Monday of the month

For more info scan the QR code below,
visit www.accessct.org/waveneyleaf
or email waveneyleaf@accessct.org



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Experience Advisory Forum



How are you feeling today? YOUR WELLBEING MATTERS



Have you noticed a change in your emotional wellbeing, but unsure where to go for Information and support?

Perhaps the last 18 months have left you feeling isolated, and you'd like to connect with the local community?

Maybe you'd simply like a cuppa and a chat?

Waveney LEAF invites you to drop in
The Recycled Weasel, 48 St Marys Street, Bungay, Suffolk, NR35 1AX

1-3pm
Monday 25th Oct
Monday 22nd Nov
Monday 24th Jan

Your friendly community, advice forum is a safe space to ask questions & find information about mental health

Beyond initial advice there are opportunities to sign up, learn new skills and make your voice heard!

Come and share your experiences with Waveney LEAF, you could even become a LEAF Community Champion and help others!

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