

## Health and Wellbeing Event at Lowestoft Jobcentre

# Wednesday 31st October 10:00-12:00

**Scared of asking for support with your wellbeing?**

Come and see the Wellbeing Service, Mind or Greenlight Trust

**Frightened of facing your addictions?**

Come and speak to Turning Point

**Terrified of being held back by your disabilities?**

Come and speak to Involve, TCHC, Mencap and Remploy

**Haunted by the cost of getting active?**

Ask what Sentinel Leisure, Lowestoft O-go-go and One life Suffolk can do

**Come and speak to 30 organisations for support with health, wellbeing, addictions, getting active, housing and much more. Get help to face **your Demons!****



Organisations Confirmed include:

Mind Wellbeing Service Turning Point Headway Feedback Mental Health Mencap Sentinel Leisure One Life Suffolk

Futures Greenlight Trust Friend of the Family Norfolk LGBT Project Community Action Suffolk DIAL and many more...