



Wellbeing WEDNESDAY

Drop-in Cuppa Session

Join us for a friendly, relaxed space to **connect, chat** and look after your **wellbeing.**



Friendly conversation

A safe space to talk and be heard



Support & signposting

Information and guidance when you need it



Tea, coffee & refreshments

Enjoy a cuppa and some company



Wellbeing activities

Gentle activities to support your wellbeing



WHEN
Every Wednesday
10am – 12pm
Starting Wednesday
24th June 2026



WHERE
The Junction
Paradise Place
Goole
DN14 5DL



WHO
Open to everyone
No referral needed
Just drop in!



*Come in for a cuppa,
a chat and connection *

*You're not alone.
We're here for you.*

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