

Living Well Support Groups in Bognor Regis 2022



Daytime Group Meetings (Laburnum Centre)

Lyon Street, Bognor Regis, PO21 1UX

Thursdays from 12.45pm-2.45pm

13 January	14 April	14 July	13 October
10 February	12 May	11 August	10 November
10 March	9 June	8 September	8 December

Online Group Meetings (via zoom)

Daytime on Thursdays from 11.00am-12.30pm

27 January	28 April	28 July	27 October
24 February	26 May	25 August	24 November
24 March	23 June	29 September	22 December

Evenings on Wednesdays from 6.00pm-7.30pm

12 January	13 April	13 July	12 October
9 February	11 May	10 August	9 November
9 March	8 June	14 September	14 December



Voluntary Donations

As a specialist charity we rely on income to deliver our services, hire venues and fund our Group Facilitator.

If you are able to donate towards attending please simply scan this QR code to Just Giving. We suggest £5 for an online meeting and £10 for a face-to-face meeting per person or per family/carer group.

If you are not able to donate we still welcome you to join us.

Please contact Sam Shephard with any queries or to join us
Phone: 07776 528796 Email: sam.shephard@headwaysussex.org.uk