

Happiness and Wellbeing Group

Starting Jan 2026

A friendly peer-support group focussed on building positive habits, improving mood and strengthening wellbeing.

Sessions include space to reflect on how wellbeing habits can influence emotional eating and other coping patterns.



When: Every other Tuesday

Time: 10:30 - 11:30

Place: Earls Colne Recreation Club



Scan the QR code to find out more
or email sharon.withnell@nhs.net

