



# Wellbeing Thursdays

## Join Us for Wellbeing Thursdays!

A warm, welcoming, and safe space to meet, chat, support each other.

- Social outings
- information sessions
- Influencing change

**When:**  
**Thursdays from 11 AM – 1 PM**

**Where:**  
**Ashford Place, Ashford Road, Cricklewood, NW2 6TU**

Interested? **Contact Sherron** at [info@ashfordplace.org.uk](mailto:info@ashfordplace.org.uk) or **Danny** on **020 8208 8591** for more details.

**Membership Only**

**Refreshments Provided**

*Funded by:*

**Wates Family**  
ENTERPRISE TRUST

 **Ashford  
Place**