

# Soulful Sips & Creative Bits: A Wellbeing Wonderland

Join us to unleash your creativity through guided craft, cake decoration and mindfulness activities.

Our sessions are free and offer a therapeutic space for self-expression. No prior experience required. Sessions are for Adults only. All materials for crafts and cake decoration will be provided. Comfortable seating, refreshments, and a welcoming environment.

Booking is required. Please contact [L2EHA@southend.gov.uk](mailto:L2EHA@southend.gov.uk) to book your space.

**Location:**  
Cambridge Road Family Centre,  
Southend-On-Sea.

**Time:**  
10-11:30am

**Level 2 Early Help Advisor's:**  
Rosie Day  
Julie-Ann Rayner

*Free*

## Session dates:

26/1/2024, 16/2/2024, 22/3/2024