



Mental Health and Wellbeing Info and support

FREE Community Event in Bletchley

**Wednesday 7 May
2pm – 4pm**

**West Bletchley Community
Centre MK3 6BH**

- Information and advice from organisations including the City Council and Citizens Advice
- Free activities including Japanese pastel art, nail painting and hand massage
- Find out about local clubs, groups and activities

Open to all MK residents. No booking required.