



Advice and Wellbeing Hubs

Access free, confidential and practical advice around your mental, emotional and physical wellbeing from our teams and specialist local partners.

Your local Peabody team will also be there to help with queries around housing, repairs, rents, money and benefits, community safety and more.

Come along to a drop-in session on the second Monday of each month
10.30am-12.30pm.

20 April

11 May

8 June

**Ambleside Community Centre
19A Ambleside
Luton, Bedfordshire
LU3 2SF**

**Pop in for a
free hot drink
and a chat**

Scan the QR code
below to find out
more about our
Advice and Wellbeing
offer

