

# Photography For Wellbeing



Location

**South East, East Sussex**

<https://www.freeadsz.co.uk/x-501376-z>



The Photography Group for Wellbeing aims to provide an opportunity for all to improve their mental health, and to develop skills and confidence in photography whilst in a comfortable and supported environment. The emphasis is on having fun and learning about taking photographs on your camera settings other than automatic. Everybody is welcome, from complete beginners to those with an established interest. We meet for six sessions then have a two week break followed the next sessions. The group meet on the first session at 10.30am till 12.30 pm At Rother Voluntary Action 47 London Road Bexhill There after each Wednesday at various location in the area. If you would like to join us we'd love to meet you. To find out more please contact Phil EM:- click to contact TEL:- 07510 319 537 07510 319 5...(click to reveal full phone)



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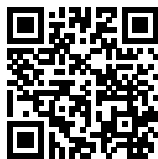
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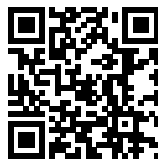
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