



What's on Qwell in March

Tuesday 14th March

Discussion Board
**Let's Celebrate Neurodiverse
Minds!**

Thursday 23rd March

Discussion Board
Are you a kinship carer?

Sunday 26th March

Discussion Board
Epilepsy Awareness

Wednesday 29th March

Discussion Board
**What stops you reaching out for
support?**

Whatever is on your mind, our team and online community are here to listen.