

# THE LUMEN NEWSLETTER

Issue May 2024

## Don't Forget to Check In!

Mental Health Awareness Week is designed to combat stigma, provide support and raise awareness for those those struggling or at risk of struggling with their mental health. Practice self care and mental health awareness in the workplace by:

- Giving positive feedback and recognition
- Taking a walk or run
- Making time to check in with yourself and others

13TH - 17TH MAY

mental health  
**AWARENESS**  
WEEK

## Mid-Week Pick Up

Truly Scrumptious Sweets are back and have a whole sweet shop's worth of retro, old school favourites, vegetarian, vegan, gluten free and dairy free sweets for you to create your own personal mix-up. Find the pick n' mix station in The Lumen reception from **11 AM to 3PM** on **Wednesday 15th May**.



A selection of pick n' mix sweets



## The Lumen Lunch

Craving Asian are offering a special delivery service for tenants of The Lumen! Every Thursday and Friday you can select the perfect lunchtime housemade sandwich to be delivered right to The Lumen. Find out more and place your order by scanning the QR code or click [HERE](#).

**SCAN ME**

**2ND  
MAY**

### Scream for Pizza

Serving fresh pizza outside The Core from 11:30AM to 2PM. You can leave your lunch at home and grab a slice from Scream for Pizza.

**15TH  
MAY**

### Truly Scrumptious Sweets

Find a whole sweet shop's worth of retro, old school, and more for you to create your own personal mix-up. Find the pick n' mix station at The Lumen from 11AM to 3PM.

**16TH  
MAY**

### Fat Hippo

Renowned for the best burgers, Fat Hippo are well loved for their quality ingredients and quirky flavours. The Fat Hippo van will be parked outside The Core on Thursday 16th May from 11:30AM to 2PM.

**22ND  
MAY**

### The Travelling Bee Co.

Browse a range of wax candles, soaps, skin care, gifts, and of course honey made from local and national honeybees. Find the hive at The Lumen from 11AM to 3PM on Wednesday 22nd May.



*Scream for Pizza*



*Truly Scrumptious Sweets*



*Fat Hippo*



*The Travelling Bee Co.*

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THE  
LUMEN