

Bexhill Wellbeing Centre Timetable

October 2024

Open: Monday, Wednesday, Thursday & Friday10am - 3pm, Tuesday in the community 10am to 12pm

Monday		Tuesday	Wednesday	Thursday	Friday
Community sup-			Community support drop	Community support	Community support drop in
port drop in		The building is	in	drop in	10.30am-12.30pm
10am-12.30pm		open for mem-	10am-12.00pm	10.30am-12.30pm	
Wellbeing & Crea-		bers of the			
tivity Journal		"Thinking Well"	Quiz	Peer Group	New Referral
7th, 14th &21st		Service only	10am-11am	11am-12pm	Drop in
10.30am-12.30pm					11am-12pm
*run by college	Wc	alking group	Hearing voices	Art group	
Photography	100	am-11.30am	12.pm- 1pm	10.30am-12.30pm	
Group		sk staff for Meeting	*registration required		Walking Group
1pm-2.30pm	poi	nt in the community		Client led Gardening group	1.15pm-2.45pm
Weaving work-			Yoga	1.30pm- 2.30pm	*Ask staff for Meeting point in
shop			1pm-2pm	*Weather dependant	the community
30th Oct			Ask staff for dates		
1.30pm-3pm					

If you need support, information or you are struggling to cope, please feel free to call our centre during our opening times for support either by asking if they have availability to see you in person or over the phone. *We are closed on Bank Holidays

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• @eastsussexwellbeingcentres

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