

Bexhill Wellbeing Centre Timetable

September 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 10am-12.30pm Wellbeing & Crea-		The building is open for members of the "Thinking Well"	in 10am-12.00pm Quiz	drop in 10.30am-12.30pm Peer Group	10.30am-12.30pm
tivity Journal 16th, 23rd 10.30am-12.30pm		Service only	10am-11am	11am-12pm	
*run by college		alking group am-11.30am	Hearing voices 12.pm— 1pm	10.30gm-12.30pm	Walking Group **NEW**
New Referral	*Ask staff for Meeting point in the community		*registration required		1.15pm-2.45pm *Ask staff for Meeting point in
Drop in 1pm-2pm Games group	рог	The fire community	Yoga	Client led Gardening group 1.30pm- 2.30pm *Weather dependant	the community
Board games provided			1pm-2.30pm Ask staff for dates		
1pm-2pm					

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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