

Newhaven Wellbeing Centre Timetable

Open: Monday to Friday - 10am-3pm

September 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Spud Club 10am - 12-30pm	Centre Closed	Games, Knit and Natter Group 10-30am - 12pm Music Appreciation 10-30am - 12pm Centre Closed 4th September	Hearing Voices Group 26th Sept 11am - 12pm Collage Course 5th and 12th September 10am - 12pm Community Drop in 10-30am - 12pm New Referral Drop in 19th Sept	Positive Projects 10-30am - 12pm
Afternoon	Wellness with Peer Group 1-30pm - 3pm	Creative Art for Wellbeing 1pm - 3pm		Support Circle 1pm - 2pm	Confidence Inspiring Drama Group 6th and 20th September 1pm - 3pm 13th and 27th September 1pm - 2pm 27th September Peer Led Card Group 1pm - 3pm Mindfulness 13th and 27th September 2pm - 2-30pm

Please note: In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. If you need support or information or you are struggling to cope, please feel free to attend or call our centre during our opening times and a member of staff will be happy to provide assistance when they are available.

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www.southdown.org/wellbeingCentresESCN