

Hastings/St Leonard's Wellbeing Centre Timetable (temporary)

This timetable will be in place while building works are carried out at Carisbrooke House. The works will start on **Mon Jan 21st** and are expected to be finished **by Mon 18th Feb 2019**. **Opening Times for Phone Enquires:** Mon-Fri, 10am-3pm

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|---|---|--|--|--|
| Morning | <p>Peer Specialist Support Drop In 10.30am-12.30pm Marlborough House Warrior Square (From Monday 28th January)</p> <p>New Referral Drop In 12.00-1.00 Cavendish House</p> | <p>Coffee in the community 10.30am-12.00pm Casa coffee shop</p> | <p>Help with Benefits and Budgets Surgery 9.30-4.30pm fortnightly* Please ask staff to refer will be held in BWC during refurbishment (staff will support to access if needed)</p> <p>Hearing Voices Social Support Group Occurs; fortnightly. 11am – 12.30pm Café Fika in Kings Road</p> <p>LGBT Group Occurs; First Wed of each month 11am – 1pm Café Fika in Kings Road</p> <p>Knit & Natter 10.30am-12.30pm Fellowship of St Nicholas</p> | <p>Anxiety Support Group (peer led) 11am-100.pm Fellowship of St Nicholas</p> <p>Quiz 11.00am-12.00pm His Place Robertson Street</p> <p>Social drop in 11.00am-2.00pm His Place Robertson Street</p> | <p>Art 10.30am-12.30pm Fellowship of St Nicholas</p> |
| | | | <p>Confidence course 9th Jan 2019 (6 x weeks) 2pm-4.30pm Please ask staff to refer Fellowship St Nicholas</p> | | |

Please note: In addition to the sessions listed in this timetable, we also offer one-to-one appointments for advice and support. During refurbishment your keyworker will arrange with you a suitable meeting place.

Phone: 01424 215548 **Address:** HWC c/o Bexhill Wellbeing Centre, 73A London Road, Bexhil TN39 3LB

Fellowship of St Nicholas: 66 London Road, St Leonards, TN37 6AS

His Place: 45 Robertson Street, Hastings, TN34 1HL

Marlborough House: Warrior Square, St Leonards, TN37 6AS