Southdown

## **Bexhill Wellbeing Centre Timetable**

April 2024

Open: Monday/Wednesday/Thursday 10am - 3pm, Tuesday in the community & Friday 10am to 12.30pm

Monday	Tuesday	Wednesday	Thursday	Friday
Themed		Themed community drop	Community support	Community support drop in
<b>community drop</b> in (craft)/ 10am-12.30pm	The building is open for members of the "Thinking Well"	in (quiz) 10am-12.00pm Mindfulness colouring	drop in 10.30am-12.30pm Peer Group 11am-12pm	10.30am-12.30pm
New Referral Drop in	Service only (all day)	11am-12.00pm	Exploring Nature through Art	
1pm-2pm	<b>Walking group</b> 10am-11.30am	<b>Hearing voices</b> 12.pm– 1pm	18th, 25th April, 2nd, 9th, 16th 23rd May	
Games group	*Ask staff for Meeting	*registration required	10.30am-1pm	
Board games pro- vided 1pm-2pm	point in the community	Yoga 1pm-2.30pm *ask team for dates	Client led Art group 10.30am-12.30pm Client led Gardening group 1.30pm- 2.30pm *Weather dependant	

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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