

Bexhill Wellbeing Centre Timetable

Aug 2025

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| <p>Wellbeing centre closed Telephone support available 10am-3pm</p> | <div> <p>The building is open for members of the "Thinking Well" Service only</p> </div> <p>Telephone support available 10am-3pm</p> | <p>Quiz 10am-11.00am</p> <p>Community support drop in 11am-12.30pm</p> <p>Craft club 11am-1pm</p> <p>*Not running on the 6th & 13th Aug</p> <p>Yoga 1pm-2pm</p> <p>Fish and chips afternoon 12.30pm-2.30pm</p> <p>6th August</p> <p>Meet at the De La Warr *sign up essential*</p> | <p>Community support drop in 10.30am-12.30pm</p> <p>Art group/art basics 10.30am-12.30pm</p> <p>Peer Group 11am-12pm</p> <p>Client led Gardening group 1.30pm- 2.30pm *Weather dependant</p> <p>ONLINE Community drop-in 2pm-3pm (run by Wellbeing Centre staff) *Ask staff for link/codes to access</p> | <p>Community support drop in 10.30am-12.30pm</p> <p>Photography group Starting 8th Aug 10.30am-12pm Not running on 15th Aug</p> <p>Walking Group 1.15pm-2.45pm *Ask staff for Meeting point in the community</p> |

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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