

Open: Wednesday, Thursday & Friday 10am - 3pm

Monday	Tuesday	Wednesday	Thursday	Friday
Wellbeing centre closed	<p>Wellbeing centre closed</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>The building is open for members of the "Thinking Well" Service only (all day)</p> </div>	<p>Open Access Session 10am-12pm *For members of the public</p> <p>Quiz 12.30pm-1.30pm</p> <p>Yoga (external provider) 1pm-2pm 4th, 18th & 25th Feb *registration required, speak to a member of the team</p>	<p>Community support drop in 10.30am-12.30pm</p> <p>Art group 10.30am-12.30pm</p> <p>Peer Group 1pm-2.30pm</p> <p>ONLINE Community drop-in 11am-12pm (run by Wellbeing Centre staff) *Ask staff for link/codes to access</p>	<p>Community support drop in 10am-11.30am</p> <p>Photography group 11.30am-12.30pm *Not running the 13th</p> <p>Walking Group 1.30pm-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**

Address: 73a London Road, Bexhill, TN39 3LB

 @eastsussexwellbeingcentres

Phone: 01424 215548

Email: bexhillwellbeingcentre@southdown.org

www.southdown.orgwellbeingCentresESCN

Open Access: Members of the public can just come in, have a look around, ask questions, and if you'd like to join our groups, we'll look to complete a short needs assessment with you. If you're not ready to join, we'll offer information and signposting to other services.

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**

Address: 73a London Road, Bexhill, TN39 3LB

Phone: 01424 215548

Email: bexhillwellbeingcentre@southdown.org

 @eastsussexwellbeingcentres

www.southdown.orgwellbeingCentresESCN