

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10-11am Art Group		
			11am-12noon Drop in and Chat Space to play games, do puzzles, gardening and chat with your peers (existing clients only)		
			11am-12noon Online group		
		1:30-2:30pm Quiz	Starts 23 July 1-3:30pm Peer Group Depression support-Light Ahead		
	2:30-3:30pm Drop in and Chat Space to play games, do puzzles, gardening and chat with your peers				
	3-4pm Yoga				
		Starts 12 August 5:30-7pm Peer Group Living with Anxiety and over thinking	Starts 2 July 4-7pm Walk-in welcome session Mental Health support coordinator		

Social Space	Walk-in Welcome Session	Neighbourhood Wellbeing Group	Online Group	 
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Community locations – Rye

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Starts 7 July 10:30am-12noon</p> <p>Peer Group Living with Anxiety and overthinking Location: Tilling Green Community Centre</p>		<p>11am-12noon Online group</p>		
	<p>Starts 7 July 11am-2pm</p> <p>Welcome Walk in session Mental health support coordinators Location: Tilling Green Community Centre</p>				

Social Space	Walk-in Welcome Session	Neighbourhood Wellbeing Group	Online Group	 
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Social Space

Walk-in Welcome Session

Neighbourhood Wellbeing Group

Online Group

Southdown

